INGREDIENTS FOR THE GOOD LIFE

EatingWell®

SEPTEMBER 2021

It's All Easy

POWER BREAKFAST IDEAS

Breakfast Naan Pizza, page 55

SET IT & FORGET IT

6 Slow-Cooker Dinners

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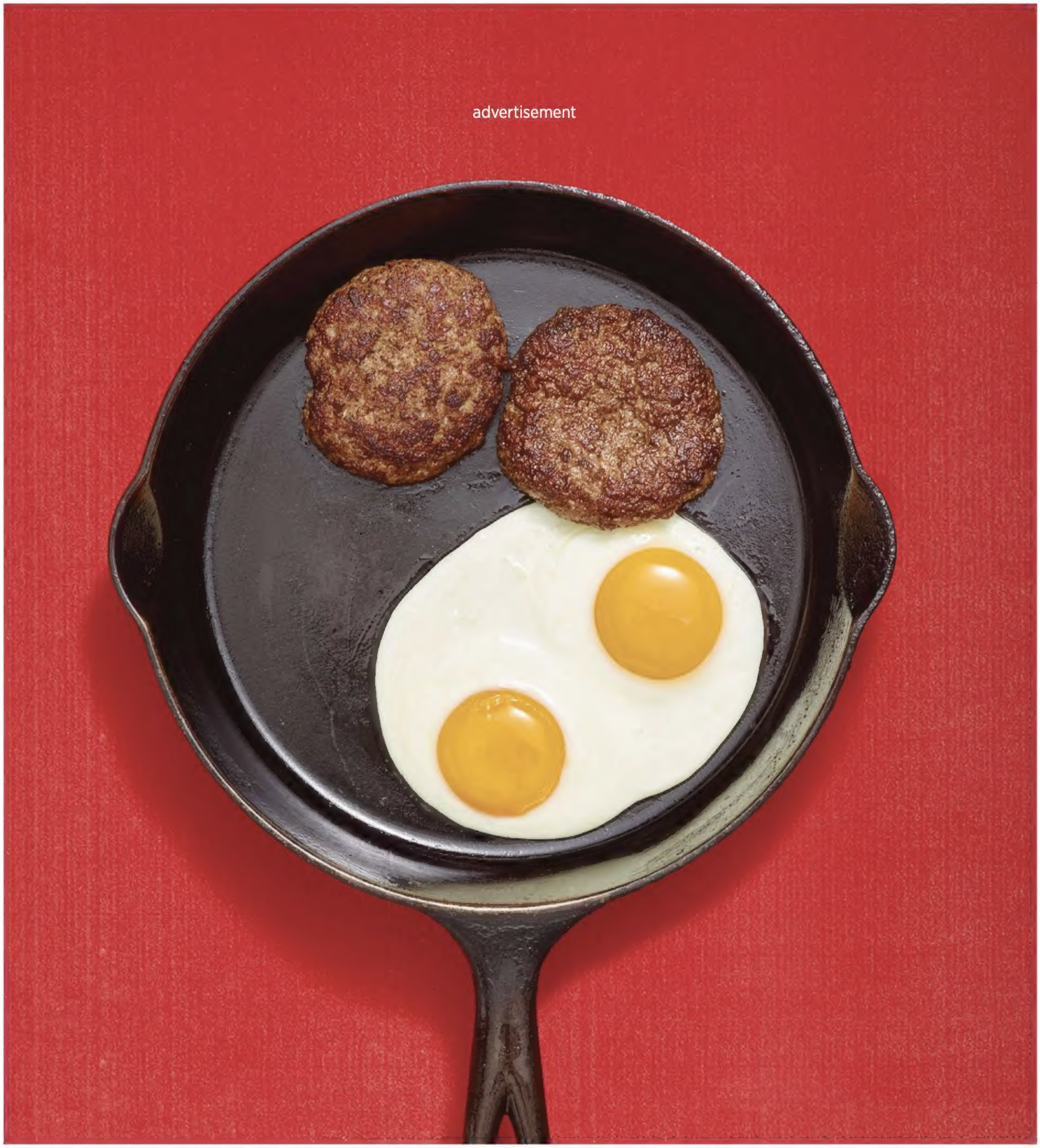

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Potluck ramen with five-spice duck breast and the toppings of your choice, page 80.

COVER PHOTO: LEIGH BEISCH; STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS); **COVER RECIPE:** P.55. **THIS PAGE:** ERIC WOLFINGER

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Just Press Start
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Don't expect to get your car fixed at Vinsetta Garage in Berkley, Michigan. *Do* expect a great meal.

JOE VAUGHN

A GOOD NIGHT'S SLEEP TO HELP SUPPORT YOUR IMMUNE SYSTEM*

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It's All Easy

In each issue of this magazine, we aim to pack the *Dinner Tonight, Good Food Fast* and *Good Life* departments with recipes and articles that are easy to put into action, even on busy nights. (We know you have 9,000 things on your to-do list and making beef Wellington and gratin Dauphinoise is not one of them.) So this month we're also dedicating our feature stories to the same goal. In "Divide & Conquer" *(page 68)* we show you how to split up cooking duties by doing the majority of the prep in the morning and just a few finishing steps in the evening. For anyone who wants to have people over, but avoid hours of cooking and a table full of 8 variations on potato salad and no main dish, we offer "Potlucks for Planners" *(page 76)*. You pick the menu and decide what you'll make, then delegate the rest for a coordinated, delicious meal. And we have 6 new throw-in-and-go slow-cooker recipes in "Just Press Start" on page 60. Enough said there.

The story that surprisingly may be most useful of all is "The (Less) Sweet Life" on page 84. I'm predicting that more than a few of you are going to want to save it or share it with friends. Our executive editor, Shaun Dreisbach, teamed up with James Beard Award-winning journalist Rachael Moeller Gorman to break down the science on what sugar does to our bodies. The story details where sugar is sneaking into our diets and offers tactics to reduce your intake—and its accompanying risk of health conditions like obesity and type 2 diabetes. To me, 88 is the best page of this story. The right side shows a day's worth of meals, starting with yogurt, fruit and oats and ending with salmon, pasta, broccoli and apple pie for dessert. On the left there's another day that looks pretty darned similar, starting with yogurt and ending with salmon, pasta and dessert. But the first one gives you a total of 19 grams of added sugar and the second one has 92 grams. That's a whopping 73 more grams. (And keep in mind, according to the USDA we should be eating less than 50 grams of added sugar on a 2,000-calorie-a-day diet.)

My takeaway when I look at these two days' worth of meals is that it's all about the little things, like choosing a plain yogurt and adding your own honey to sweeten it or checking the label and picking a pasta sauce without added sugar. Tiny tweaks like those aren't going to make you feel deprived. Really, you may find your food tastes just as good. Add the fact that those changes leave room for a slice of apple pie *(page 95)* for dessert (with only 7 grams of added sugar per serving)—now that's eating well made easy!

Cheers,

Jessie

Jessie Price,
editor@eatingwell.com

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WE ASKED YOU:

What convenience food do you always keep on hand?

Whole-wheat crusts for making quiche. *—sarahprpro*

Canned tomatoes usually diced. So many possibilities! *—parr.for.the.course*

Cut-up butternut squash. *—mmmkaaye*

Ginger in a tube (so I don't have to find small pieces rotting in my veggie drawer!). *—jeannehas*

Kirkland pesto. It's the best I've had outside of Italy. *—alamobecky*

Frozen [cooked] brown rice. *—katie.kelly2005*

Canned beets. I have no idea why anyone messes with peeling and roasting beets themselves. The end product is exactly the same. Add some greens, goat cheese and pine nuts and lunch is done! *—karendzachary*

Marinated chicken breasts. *—bridget_m_d*

Want more packaged foods you can feel good about eating?

Scan with your phone's camera to see our list.

WHAT'S TRENDING ON EatingWell.com

1 Garden to Table Baffled by your bumper crop of zucchini? Use it up in a casserole! Start with this Zucchini & Squash Casserole (*left*). *EatingWell.com/GardentoTable*

2 3-Ingredient Breakfasts Strawberry Jam & Goat Cheese Waffle Sandwiches, anyone? Get the how-to plus other tasty-yet-minimalist ideas. *EatingWell.com/3IngredientBreakfasts*

3 Mediterranean Meal Plan For National Cholesterol Education Month, we're sharing a weeklong program for eating Med-style—a proven way to help lower cholesterol over time. *EatingWell.com/MediterraneanMealPlan*

THE EATINGWELL GOOD-LIFE GURUS

We're following these fab mom dietitians on Instagram for their fresh, kiddo-approved meal ideas and other healthy-eating intel.

@kidfriendly.meals

You may know **Min Jung RD** from her blog, MJ and Hungryman. Her 'gram has the same focus: teaching adults to cook wholesome, delicious food for kids of all ages. Her superpowers? "I've crowned myself the Queen of One-Pot Cooking (because extra dishes are my worst enemy), and Master Developer of veggie-loaded snacks and meals that even the pickiest eater will be tempted to try."

@nutrichicos

Marina Chaparro RD runs a bilingual family nutrition practice in Miami, where over 70% of the population is Latino or Hispanic. "After working in a pediatric hospital, I realized moms wanted more than a piece of paper telling them what foods to give their kids. Not to mention one translated into horrible Spanish." Her expertise spans picky eating to food allergies—and she offers smart tips on her Insta.

@pediatric.dietitian

A specialist in feeding infants and toddlers, **Pegah Jalali RD** recalls her personal struggles breastfeeding. "It felt like I was failing. And I came across so much misinformation online. It motivated me to start my page to support moms on feeding their children confidently!" Her posts cover everything from how to wean your baby and introduce solid foods to handling issues like food throwing.

ANTONIS ACHILLEOS; @KIDFRIENDLY.MEALS; @NUTRICHICOS; SOFIA COLVIN

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Saving the Galega

One man's quest to preserve a traditional Portuguese variety of olive—and his family farm.
By Sophia McDonald

João Miguel Rosado harvests his olives ***(left)*** when they re unripe and yield more flavorful oil. Some of the trees on his property like the one on the previous page are around 2 000 years old.

For love and olive oil

Some of João Miguel Rosado's fondest memories were forged on his grandparents' 12-acre farm in rural Portugal. As a child, he found solace and adventure in their groves of Galega olives, a variety found in Alentejo and other parts of central and eastern Portugal.

There are reports of exceptional Portuguese olive oil being imported by the Romans as far back as 2,000 years ago. It's likely that oil came from the native Galega olive, which makes up 80% of the olive trees in the area today. But their numbers have been on the decline. The olives don't produce nearly as much oil as better-known types like Arbequina. "In a super-intensive olive grove, you can produce 22 liters of oil from 100 kilograms of olives," says Rosado. "With 100 kilograms of green Galega olives, you can make only *7 liters*." As a result, farmers are no longer planting Galegas in olive groves. And family farms like his have struggled because the old trees are too tall and spaced too far apart for mechanical harvesting, and the labor costs to maintain the groves are high.

Loss of these farms could be devastating environmentally. The Galega is well-adapted to the local conditions and can be grown with minimal irrigation. As climate change advances, droughts are likely to become more common—especially in Mediterranean climates—and plants will need to tolerate more stress, which this variety is better able to do. The trees also produce fruit with higher-than-average levels of the antioxidant tocopherol and oleic acid, a monounsaturated fat that has been shown to reduce inflammation in the body and promote heart health. These compounds make the oil itself resistant to oxidation. So unlike many types that are only shelf-stable for about six months, Galega oil can last more than two years in an unopened bottle.

Some in Rosado's family wanted to do what's becoming more common in the region: sell the farm to someone who would rip out the trees and replant the grove with a more modern kind of olive. But Rosado resisted that idea. Drawing inspiration from the small family farms of Italy and Greece, which have survived for decades making high-quality olive oil and wine, Rosado decided to switch up the farm's business model in 2015. Rather than selling the olives, he decided to produce his own premium Galega olive oil. He and his immediate family do nearly all the work on the property—harvesting the olives by hand in October while they're green (others in the region are picked in November and December) and using a friend's olive oil mill to press the fruit. Plucking them early preserves the complex flavors of grass and apple with a hit of black pepper in the back of the throat, a quality that connoisseurs look for in the best varietals.

Rosado is among a growing number of farmers who are moving away from high-volume but lower-quality agricultural products, and instead focusing on creating superior ones. Surveys show that consumers are also increasingly interested in better food that helps preserve socio-geographic traditions. Rosado calls his brand Amor é Cego, which translates to "love is blind." (Find it at *azeiteamorecego.pt.)* Like the best love stories, this one has a happy ending. Rosado's gamble paid off. The profits from the olive oil have allowed his family to keep their roots firmly in the soil they call home.

PREVIOUS PAGE: RUI PEREIRA; THIS PAGE: COURTESY AMOR É CEGO

Table Talk with Giada De Laurentiis

She s known for her delizioso recipes—and her new cookbook Eat Better Feel Better *is all about food that s healthy as well as tasty. (A woman after our own heart!) Here the chef shares her road to wellness and what s always in her fridge. By Lucy M. Clark*

Finish this sentence: To me, cooking is...
Therapeutic. After a chaotic day, I love getting lost in a recipe. The entire process from start to finish—the chopping, the aromas, tasting along the way—feels like a meditation. It brings me such as sense of calm and joy.

What food says home to you and why?
Pasta. My grandfather used to have a pasta factory in Torre Annunziata, right outside of Naples. When I was a kid, he opened up his own Italian grocery store in the U.S., and I used to spend hours there with him, watching him make pasta from scratch.

Scan with your phone s camera for Giada s easy Spaghetti with Rosemary & Lemon recipe from her new cookbook.

KRISTIN TEIG

What is always in your fridge?
Greens (arugula, kale, chard), cooked brown rice, Parmigiano-Reggiano, fennel and dark chocolate.

Beer, wine or cocktail?
Negroni.

What inspired you to write *Eat Better Feel Better*?
Over the last decade, from age 40 to 50, it became impossible to ignore the fact that the choices I had been making for the last 20 years just weren't working for me anymore. With my busy schedule and the amount of traveling I usually do, I was always suffering from sinus infections and other health issues. I came to understand that what made everything worse was the food I was putting in my body, like lots of caffeine and sugar, to make up for how tired I felt. I decided that I had to change. And that's not to say I gave up everything. It's about eating foods that love you back. And all the recipes in the book include meal-prep tips to reduce stress.

Does your daughter have some favorite recipes from the cookbook?
Yes, Jade loves the Chocolate Chip Quinoa Cookies, Crispy Broccoli and Green Bean Fries.

Living in sunny California, what are some of your favorite ways to be active?
I go paddleboarding and take my dogs for walks and runs on the beach. I also bought a bike during the pandemic and I love riding it around the neighborhood. It's a fun activity to do with Jade too. And I do yoga in my backyard almost daily.

What does healthy mean to you?
Standing tall and feeling energized.

We're all about balancing eating deliciously with being healthy. How do you walk that line?
Moderation. A little bit of everything and not a lot of anything.

What's your if-I-only-had-one-meal-left meal?
My 7-layer chocolate cake. This classic, French-inspired signature cake has been in my repertoire for nearly 30 years. It is to die for!

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The Perks of Micro Workouts

No time? No problem. Science says you can get fit just by slipping in tiny exercise "snacks." By Karen Asp

The evidence for short bursts of activity has been mounting for some time. (Remember the 7-minute workout?) But now there's research showing that even really small sessions can have bona fide benefits. They're called exercise snacks. "And they're somewhere between that short walk to the water cooler in prepandemic times and high-intensity interval training," says Scott Lear, Ph.D., the Pfizer/Heart and Stroke Foundation Chair in Cardiovascular Prevention Research at St. Paul's Hospital in Vancouver. Think: challenging enough to jack up your heart rate, but only a minute or less at a time—such as 20 seconds of squat jumps, stair climbing, burpees or a fast 60-second run down your block.

These short-and-sweet exercise snacks help build cardiorespiratory fitness, a major indicator of overall health. "Increasing your cardiorespiratory fitness can lower your risk of type 2 diabetes and heart disease," says Martin Gibala, Ph.D., a professor of kinesiology at McMaster University in Ontario. One study Gibala was involved in, published in the *European Journal of Applied Physiology*, had inactive young adults do 20-second bike "sprint snacks" in which they pedaled as fast as they could. Participants repeated these mini workouts three times a day, each separated by one to four hours of rest. After six weeks, their cardiorespiratory fitness improved by 9%—similar to the 13% increase a second group got by doing the same sprints within longer 10-minute cycling sessions. Other research published in *Medicine & Science in Sports & Exercise* found that sedentary but healthy women improved their cardiorespiratory fitness by doing just 20 seconds of vigorous stair climbing three times a day for three weeks. "The precise reasons why exercise snacks work has yet to be determined, but they may improve the heart's pumping capacity and ability to transport oxygen throughout the body," says Gibala. They also appear to improve markers of insulin sensitivity and lower triglycerides.

Current exercise guidelines call for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise a week (or a combination of the two), which is a far cry from what you'd get from an exercise snack. But doing a few micro workouts can be a good alternative for those days you can't fit in your regular routine. "The message now is anything is better than nothing, and every little bit counts," says Gibala.

No matter your fitness level, exercise snacks are an option for everyone. While inactive people stand to gain the most from them, Gibala says that even gym-going folks with desk jobs can reap the rewards. "Structured daily exercise doesn't negate the harmful effects of sitting for much of the day," he explains. "So these snacks can help break up sedentary periods."

Preliminary research suggests that among people who typically sit for eight hours per day, those who completed five 4-second cycling sprints every hour during the workday (for a total of 160 seconds of exercise) had 31% lower triglyceride levels and 43% higher body-fat metabolism the next day. How's that for a satisfying snack?

Performing 160 seconds of exercise per day can boost body-fat metabolism by 43%.

NIKOLA ILIC/GETTY IMAGES

Pit Stops Worth the Stop

Hitting the road for one last summer trip? Refuel and grab a bite at one of these gas stations-slash-restaurants that offer fare way better than a soda and bag of chips. **By Jess Lander**

ST. HELENA CA

The Station

This reimagined convenience store next to the Napa Valley Petroleum Company *(shown)* is the ideal spot for a quick refuel when cruising through wine country. The latest venture from the owners of the legendary Gott's Roadside burger chain, the Station serves up locally roasted coffee and takeaway fare behind roll-up garage doors that pay tribute to its 1930s roots as a filling station. Seasonal quiche, toast selections—avocado, sweet potato or almond butter and honey—salads, grain bowls and sandwiches (try the Avocado B.L.T.) are just what you need before that next flight of cabernets. ***stationsh.com***

EAGAN MN

Farmer's Grandson Eatery

Set inside an old Shell gas station convenience store south of St. Paul, Farmer's Grandson Eatery slings BBQ staples like brisket, ribs and pulled pork, tacos, sandwiches and burgers—of course, there's one topped with deep-fried cheese curds, a Minnesota delicacy—all made from scratch. Owner Tony Donatell uses his Grandma Elfreda's recipes for their burger seasoning, fresh-cut fries and smoked meats. Order at the counter, grab extra napkins and then chow down inside the casual, brick-walled lounge that's tucked into the store. ***farmersgrandson.com***

BERKLEY MI

Vinsetta Garage

Before it became a restaurant in 2012, Vinsetta Garage was the longest-operating service station east of the Mississippi. Much of the industrial 1920s-era space, including the original neon marquee, has been preserved—though the vintage pumps outside have been replaced by modern electric charging stations. The menu features hearty twists on diner classics that will hold you over to your next destination, such as the mac-and-cheese-topped Noodle Burger. "We set out to deliver food that the former mechanics would be into," says owner Curt Cavallo. ***vinsettagarage.com***

MIAMI FL

El Carajo

This cozy wine and tapas bar lives in a working Mobil convenience store. You'll find dishes like gambas, ceviche and bacon-wrapped dates—and if you're not the one driving, you might look at the vino list, which has more than 600 selections. El Carajo was inspired by a family trip to Spain and Italy, which included a life-changing meal served on paper plates at an Italian Autogrill, says sales and marketing manager Carlos Fonseca. "My father had a glass of a beautiful Brunello di Montalcino served in a crystal tumbler and he realized then that he could achieve a great meal, even in a gas station." ***el-carajo.com***

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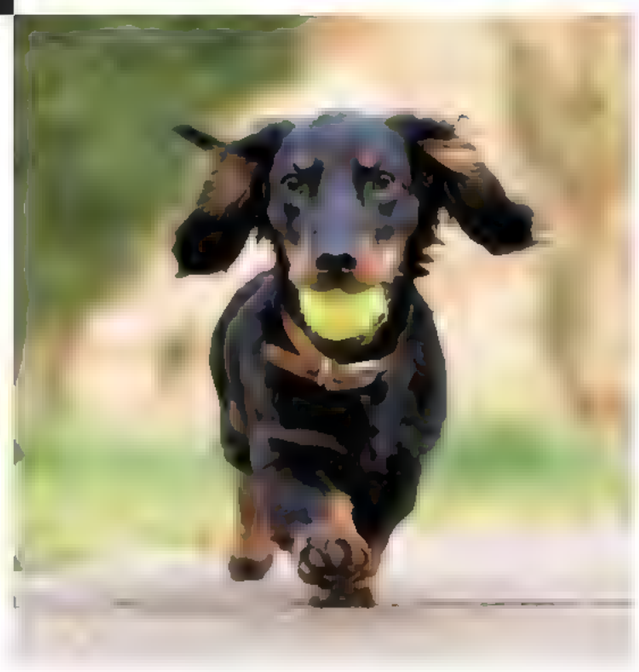

Keep 'Em Moving

Sti ness and pain can happen to your furry friend at any age. Here's how to ease the ache.
By Caron Golden

If your dog or cat seems to be slowing down, it could be because of joint problems—even if she's young. Osteoarthritis, one of the most common conditions, occurs in approximately 20% of canines over age 1, according to Leilani Alvarez, D.V.M., head of integrative and rehabilitative medicine at the Animal Medical Center in New York City. Cats develop it, too, although exactly how many are affected—and at what age—is harder to pin down as they have a higher tolerance for joint pain and aren't diagnosed as often. But some estimates say that osteoarthritis impacts 90% of cats over age 12.

An animal with stiff or painful joints may have difficulty rising after lying down and be unwilling to jump, climb stairs or chase a ball, Alvarez explains. Discomfort can also manifest behaviorally, so you may notice your pet acting less social or depressed, losing her appetite or not liking to be touched.

The reasons for joint issues are many and include not just age, but also breed, genetics, a recent hospitalization or trauma. A major culprit among dogs, however, is being overweight or obese, says Alvarez. Excess pounds increase stress on joints and cause bones to move abnormally, eventually breaking down the cartilage cushioning the joints.

These steps can help keep your fur ball moving comfortably:

Maintain a Healthy Weight

More than 50% of dogs and cats in the U.S. are overweight or obese, according to the Association for Pet Obesity Prevention. "So it's important to keep your pet at an ideal weight, or even slightly underweight," says Alvarez. Talk to your vet—before starting a diet—about the best weight-control strategies for your pet.

Get Moving

Regular physical activity keeps pets at a healthy weight and prevents stiffness and muscle loss, says Alvarez. For pets with existing joint problems, exercise should be moderate. Your vet can advise you on how much is right, but Alvarez says that in general, arthritic dogs should get at least an hour of activity daily, broken up into several sessions. Cats need at least five minutes a day. (Try using a toy like a laser they can chase as an incentive.)

Consider Supplements

According to Alvarez, anti-inflammatory supplements containing either omega-3 fatty acids, green-lipped mussels or undenatured type II collagen are the most effective. They've all been clinically tested in dogs and cats. Or try a prescription diet fortified with fatty acids, like fish oil. A few studies, including one at Cornell University's College of Veterinary Medicine, have shown that oral CBD may also reduce pain and lameness in dogs suffering from osteoarthritis. One popular supplement Alvarez suggests skipping: glucosamine chondroitin. It hasn't been clinically proven to be effective in arthritic pets.

Manage Pain

If your pet is in pain, there are medications you can talk to your vet about. To relieve discomfort, Alvarez recommends a nonsteroidal anti-inflammatory prescription drug, such as Carprofen or Meloxicam. Consider adjunctive therapies like acupuncture, laser therapy or hydrotherapy, she says. They've been shown to ease symptoms.

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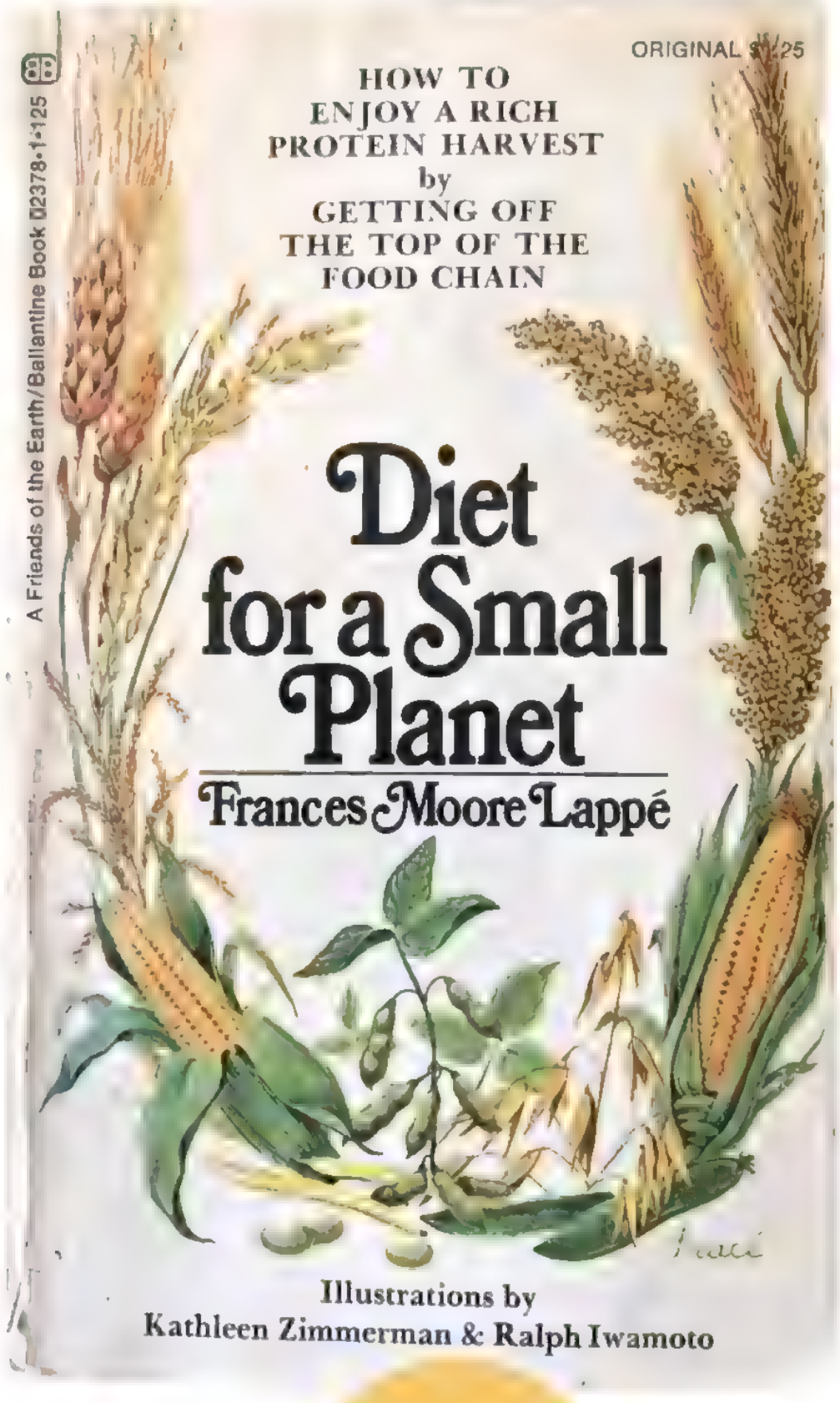
The OG Book on Earth-Friendly Eating

On the 50th anniversary of *Diet for a Small Planet*, which transformed the way our nation thought about food production and the environment, author Frances Moore Lappé reflects on what's changed—and the work that remains. By Jane Black

Frances Moore Lappé never imagined in 1970 that the one-page flyer she wrote up about the root causes of global hunger would get much attention. But her friends in Berkeley, California, found it so compelling that the 26-year-old expanded it to five pages, and then into a 70-page booklet. In 1971, it was officially published as *Diet for a Small Planet*. It went on to sell more than 3 million copies.

The thesis was as simple as it was powerful. Meat production was wasteful—in 1969, it took 7 pounds of grain and soybeans to produce 1 pound of meat—and was a key driver of food scarcity, because so many of our resources were going toward crops we don't eat. But the book, unlike so many alarmist environmental treatises, did more than diagnose the problem. It offered a solution: Swap out meat for fruits, vegetables and legumes and you can change the world. *Diet for a Small Planet* even came with easy recipes like "Roman" rice and beans (flavored with parsley, oregano and Parmesan cheese) and Walnut Cheddar Loaf. "Overnight," Lappé recalls, "I became the Julia Child of the soybean circuit."

If this message sounds familiar, it should. Writers, some perhaps even more famous today than Lappé, have built upon her ideas, and many of the watchwords and prescriptions of the good-food faith trace back to her: Michael Pollan's "Eat food. Not too much. Mostly plants." Mark Bittman's "Vegan before 6." And a favorite saying of so many: "Vote with your fork!"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Diet for a Small Planet
Frances Moore Lappé
Illustrations by Kathleen Zimmerman & Ralph Iwamoto

"Here's my mom's original—a signed copy to her parents! $1.25 cover price!" —Anna Lappé

What links them all is the message that individuals have power, no matter how huge, tangled and frightening the problems might seem. "The only choice we don't have is whether to change the world. Even inaction can change the world," Lappé, now 77, says. "Food is personal and real and immediate."

Diet for a Small Planet reshaped our thinking, but has it changed our ways? In the introduction to the 50th anniversary edition, which was released this month, Lappé notes that what first shocked her into action—hunger amid plenty—has only gotten worse, even though the world's food supply offers 20% more calories for every person than it did half a century ago. Nor are Americans showing signs of giving up meat: Per capita consumption is actually up since 2016 (though we eat more chicken and less beef than we used to). And today almost 15% of greenhouse gas emissions globally come from raising livestock.

And yet, things are beginning to change. More than half of young Americans call themselves flexitarians. "People are shifting from this idea that you have to be vegetarian to a more plant-centered diet—and that's a positive," Lappé says. "If there are goodies you can't give up, I'm not going to stand in judgment."

The new edition does a fine job of making a vegetarian diet desirable. Gone are 1970s ingredients like margarine, soy grits and buckwheat groats. The beloved Walnut Cheddar Loaf remains, along with a velvety yellow lentil soup with cumin and dried plums, courtesy of TV personality Padma Lakshmi, as well as a leek, shiitake and miso-butter "casserole" from chef and climate-change activist Anthony Myint.

Indeed, it's the pleasure of plant-centered diets that Lappé believes will ultimately fuel their ubiquity. "It's not a 'you should'" she says, "but, an 'Oh, I can do this and feel better and save money and live longer.' That's a pretty big deal."

COURTESY ANNA LAPPÉ

BAGS WITH A MISSION FOR WOMEN ON A MISSION

FEED Founder, Lauren Bush Lauren,

FEED

I keep hearing about anti-inflammation diets. Will they make me healthier?

By Kristin Kirkpatrick, M.S., RD

Scan with your phone s camera to order the *EatingWell Anti-Inflammation* special edition.

Inflammation is a natural—and vital—immune system response. When you stub your toe, cut your finger or get an infection like the flu, your body sends out a fleet of white blood cells to expel invaders and help heal you. That's acute inflammation at work. But, sometimes, invisible forces such as environmental pollutants, autoimmune conditions like rheumatoid arthritis and asthma, or even physical and emotional stress can trigger chronic inflammation. And over time, this type of in-hyperdrive immune reaction can be too much of a good thing—harming healthy tissues, promoting metabolic dysfunction and increasing the risk of every major chronic disease, including heart disease, diabetes, arthritis and cancer.

So, how do you keep the immune troops in check? Research suggests that a number of lifestyle factors—diet, exercise, sleep and tobacco use, to name a few—can influence biomarkers of inflammation, such as blood levels of C-reactive protein. And what we eat may have a particularly strong impact on these inflammatory markers. For example, a 2018 Harvard study found that people who closely followed a Mediterranean-style diet—rich in fruits, vegetables, legumes, whole grains, nuts, fish and unsaturated fats like olive oil—had reduced levels of inflammation and, in turn, a 25% lower risk of heart attack and stroke than those who had low adherence to the diet. And interestingly, tamping down inflammation appeared to stave off these diseases better than traditional strategies for heart health like controlling blood pressure and cholesterol.

Plants with Perks

A group of Boston researchers has developed a dietary inflammatory index of foods most strongly associated with lower and higher levels. Those considered anti-inflammatory include green leafy vegetables, carrots, yellow squash, sweet potatoes and other yellow-orange hued produce, as well as tea and coffee. On the flip side, red and processed meat, refined grains and soda (both regular and diet) are considered the most pro-inflammatory. A 2021 study that used the index to analyze dietary data from more than 73,000 women over a 13-year period found that those with the highest intake of pro-inflammatory foods had a 50% higher risk of type 2 diabetes compared to those who ate the least of these types of foods. (The glycemic load of their diets—an estimate of how much a food will raise blood sugar—didn't play a role.)

Experts aren't sure exactly how foods influence inflammation. But it's thought that antioxidant-rich eats like produce and nuts as well as fatty fish help quell DNA damage and oxidative stress from free radicals (a form of inflammation), explains Jun Li, M.D., Ph.D., a nutrition and epidemiology research scientist with the Harvard T.H. Chan School of Public Health in Boston. Foods that are high in saturated fat or refined carbohydrates, or are ultra-processed, meanwhile, may promote inflammation directly by triggering responses in the immune system and fat tissue, or indirectly by altering your gut bacteria.

The Bottom Line

While there are foods that have been associated with less or more inflammation, Li advises focusing on a healthy, plant-focused diet versus worrying about where foods rank on the anti-inflammatory list. And don't forget other key habits, like staying active, sleeping well and managing stress.

ILLUSTRATION BY BRIAN DANAHER

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(benralizumab)

This quiet moment is brought to you by nature. Also by FASENRA.

FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.* It's only 1 maintenance dose every 8 weeks† and has a convenient pen option.

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FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.

*Results may vary.
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IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.
Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - o swelling of your face, mouth and tongue
  - o breathing problems
  - o fainting, dizziness, feeling lightheaded (low blood pressure)
  - o rash
  - o hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Prescribing Information on following page.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

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It is not known if FASENRA is safe and effective in children under 12 years of age.

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- are taking oral or inhaled corticosteroid medicines. Do not stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
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- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.
- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. Do not try to inject FASENRA until you have been shown the right way by your healthcare provider. See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- Keep FASENRA and all medicines out of the reach of children.

What are the ingredients in FASENRA?

Active ingredient: benralizumab

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The information provided here is not comprehensive. Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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Simply Sublime

Minimalist kitchens are having a moment. We're talking spaces that feel clean and streamlined, but still have character and conviviality. "The key is finding a balance between sterile and busy. Each piece needs to have intention," explains Brian Hamor, founder of Hamor Architecture Associates in Stowe, Vermont, who designed the kitchen here. Read on for his tips on how to get the look. By Alia Akkam

JOHN BESSLER SOURCES, SINK: ELKAY FAUCET: HANSGROHE PENDANTS: TOM DIXON STOOLS: TRONK REFRIGERATOR: THERMADOR RANGE: WOLF DOUBLE OVEN & DISHWASHER: BOSCH

Island Time

If space allows, Hamor recommends making an island the focal point of your cooking area. It provides a place to prep and gather around, yet it can still be sleek. This massive one, situated underneath pendants with a subtle metallic sheen, is crafted from concrete. Below the sink, cabinets provide ample storage. Stools with a simple shape are designed to slide underneath the countertop overhang, so they are hidden when not in use.

All About Hue

A minimalist kitchen doesn't have to be white—Hamor also likes light tones of gray and mint. The owners chose Benjamin Moore's Simply White for its slight hint of yellow and asked family friend and interior designer Amber Hodgins Thibault for her opinion. "It has an undercurrent of warmth without feeling tired," Hodgins Thibault says. Other whites she suggests are Benjamin Moore Decorator's White and Sherwin-Williams Alabaster.

Out of Sight

Minimize bulky appliances by building them into the cabinetry. "That way, everything disappears into the millwork," says Hamor. Here, he disguised the fridge with panels that match the surrounding cabinets and chose an induction cooktop that sits flush with the countertop. But even keeping the toaster or pressure cooker behind a cabinet door and bringing them out only when needed will help achieve that minimalist vibe.

Counter Approach

Counters are another ideal opportunity to add warmth and personality to the room, while still keeping things simple. "To bring color, texture and scale to a minimalist kitchen, I like to play with the material mass and surface of the countertops," Hamor explains. Here, he chose butcher block in a wood that matches the maple shelves above. His reasoning? He says it captures his desire for a less-is-more kitchen "with a bit of Zen."

On Display

Hamor prefers to outfit minimalist kitchens with lower cabinets instead of upper ones because it makes the space appear sparer, while offering plenty of storage. He adds counter-to-ceiling backsplashes accentuated with floating shelves to add interest and a place to display favorite items. A lighter contrast to the oak plank flooring, these shelves hold mugs, bowls and wineglasses "that become a part of the decor," says Hamor.

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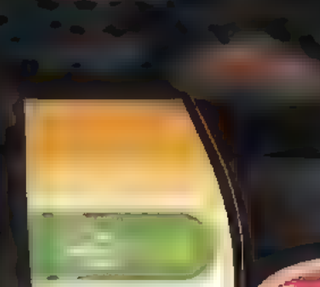

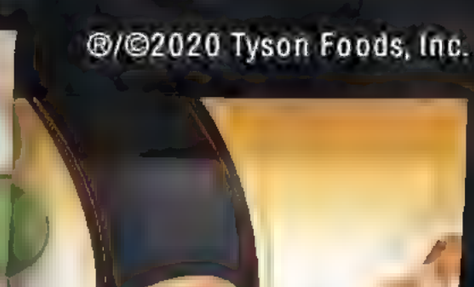

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DINNER TONIGHT

19 EASY HEALTHY RECIPES

One-Pan Wonder

Parmesan Chicken & Brussels Sprouts

Photography by Jacob Fox

Styling by Lauren McAnelly & Sue Mitchell

JOY SAYS

Prefer boneless chicken breast? Swap it for the thighs here. They may just need a few extra minutes in the oven.

Shout Out for Sprouts

Get your kids interested in these pint-sized vegetables with fascinating facts and our favorite way to cook them. By Joy Howard

Origin Story Historians believe these sprouts are named after the Belgian city where they were first known to be cultivated during the 13th century—Brussels. It took nearly six centuries for them to make their way across the Atlantic to North America.

Cabbage s Cousin There's no mistaking how much Brussels sprouts resemble baby versions of cabbage. They both belong to the cruciferous family known as brassicas. Broccoli, kale and turnips are also part of the same flowering plant species as Brussels sprouts.

Cook to Perfection Roasting Brussels sprouts caramelizes their natural sugars, bringing out sweetness to balance the bitter flavor.

Parmesan Chicken & Brussels Sprouts

ACTIVE: 20 min **TOTAL:** 40 min

Parmesan and breadcrumbs combine for a crispy chicken topping without having to go through the full dredging process. While your oven s on roast some potatoes to serve alongside.

- **⅓ cup grated Parmesan cheese**
- **4 tablespoons extra-virgin olive oil, divided**
- **3 tablespoons panko breadcrumbs, preferably whole-wheat**
- **1 teaspoon grated lemon zest, plus 1 lemon, cut into wedges, divided**
- **½ teaspoon dried thyme**
- **⅛ teaspoon salt plus ½ teaspoon, divided**
- **½ teaspoon ground pepper, divided**
- **1½ pounds Brussels sprouts, trimmed and halved or quartered if large**
- **3 cloves garlic, smashed**
- **1 pound boneless, skinless chicken thighs, trimmed**

1. Preheat oven to 425°F.
2. KIDS DO Stir Parmesan, 1 tablespoon oil, panko, lemon zest, thyme, ⅛ teaspoon salt and ¼ teaspoon pepper in a small bowl.
3. KIDS DO Toss Brussels sprouts and garlic with 2 tablespoons oil and the remaining ½ teaspoon salt and ¼ teaspoon pepper on a large rimmed baking sheet. Spread out evenly. Add chicken and lemon wedges to the pan. Brush both sides of the chicken with the remaining 1 tablespoon oil. Top the chicken with the Parmesan mixture, gently pressing to adhere.
4. Roast, turning the pan from front to back and stirring the sprouts halfway, until an instant-read thermometer inserted in the thickest part of a thigh registers 165°F and the sprouts are tender and browned in spots, about 18 minutes. Serve with the lemon wedges, if desired.

SERVES 4: 3 oz. chicken & 1 cup sprouts each
Cal 361 **Fat** 23g (sat 5g) **Chol** 110mg **Carbs** 15g **Total sugars** 3g (added 0g) **Protein** 26g **Fiber** 5g **Sodium** 605mg **Potassium** 702mg.

INSET: JOE ST. PIERRE

When your sneezes rock the boat

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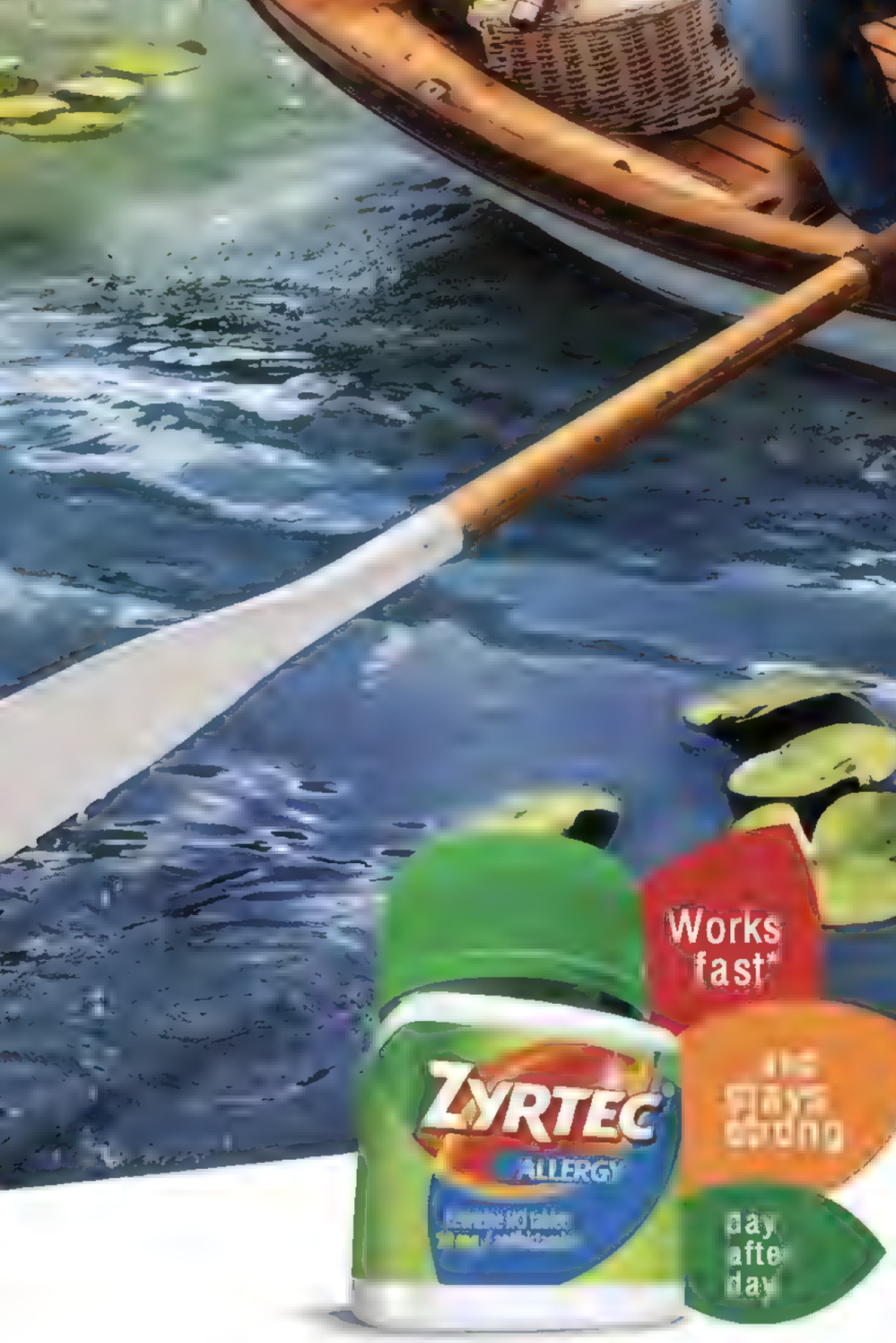

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Stick with the consistent allergy relief of ZYRTEC®

ZYRTEC® starts working hard at hour one. It works twice as hard when you take it again the next day and stays strong day after day.

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Quick Pickled Shrimp Toast

ACTIVE: 15 min **TOTAL:** 15 min

TO MAKE AHEAD: Prepare through Step 1 and refrigerate for up to 1 day.

Pickled shrimp is usually served with sliced lemons in the mix as we ve done here. It s pretty but if you don t want to have to eat around them simply remove them before topping your toasts.

- ⅓ cup extra-virgin olive oil
- 2 poblano peppers, chopped
- 2 cloves garlic, thinly sliced
- 1 pound cooked, peeled and deveined shrimp (21-25 count)
- 1 teaspoon reduced-sodium Old Bay seasoning
- ½ cup thinly sliced red onion
- ¼ cup chopped pickled jalapeños
- 1 lemon, sliced
- 1 tablespoon cider vinegar
- ½ whole-wheat baguette, halved horizontally and crosswise, toasted
- Fresh cilantro and hot sauce for serving

1. Heat oil in a large skillet over medium heat. Add poblanos and garlic and cook until fragrant, about 1 minute. Add shrimp and Old Bay seasoning and toss to coat with the oil. Cook for 1 minute. Transfer to a medium bowl and add onion, jalapeños, lemon and vinegar; stir to combine. Let stand, stirring occasionally, for 5 minutes.

2. Spoon the shrimp mixture over baguette pieces. Serve with cilantro and hot sauce, if desired.

SERVES 4: 1 toast each

Cal 404 **Fat** 21g (sat 3g) **Chol** 230mg **Carbs** 21g **Total sugars** 1g (added 0g) **Protein** 32g **Fiber** 2g **Sodium** 660mg **Potassium** 345mg.

JASON DONNELLY. RECIPE BY ADAM DOLGE

Creamy Lemon Chicken Cutlets

ACTIVE: 20 min **TOTAL:** 20 min

Here we use crème fraîche sour cream s richer less tangy cousin to thicken the lemony pan sauce.

- **½ teaspoon smoked paprika**
- **½ teaspoon dried thyme**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 chicken cutlets (about 1 pound;** *see page 100***)**
- **¼ cup cornstarch**
- **¼ cup canola oil**
- **½ cup low-sodium chicken broth**
- **⅓ cup dry white wine, such as pinot grigio**
- **3 tablespoons lemon juice**
- **2 tablespoons honey**
- **½ clove garlic, grated**
- **½ cup crème fraîche *or* sour cream**
- **¼ cup coarsely chopped fresh parsley**

1. Combine paprika, thyme, salt and pepper in a small bowl. Sprinkle over chicken. Place cornstarch in a shallow bowl. Dredge the chicken in the cornstarch, shaking off excess.

2. Heat oil in a large nonstick skillet over medium heat until shimmering. Working in batches if necessary, cook the chicken, flipping once, until golden brown and an instant-read thermometer inserted in the thickest part registers 165°F, 4 to 8 minutes. Transfer to a paper-towel-lined plate.

3. Add broth, wine, lemon juice, honey and garlic to the pan and cook until reduced by half, about 5 minutes. Reduce heat to low and whisk in crème fraîche (or sour cream). Return the chicken to the pan and turn to coat with the sauce. Sprinkle with parsley before serving.

SERVES 4: 3 oz. chicken & 2 Tbsp. sauce each
Cal 432 **Fat** 27g (sat 8g) **Chol** 90mg **Carbs** 17g **Total sugars** 10g (added 8g) **Protein** 27g **Fiber** 0g **Sodium** 253mg **Potassium** 63mg.

Scan with your phone s camera for more creamy chicken cutlet recipes.

RECIPE BY LAURA KANYA

Scan with your phone s camera to watch our editor-in-chief make this quick recipe.

Pantry Peanut Noodles

ACTIVE: 20 min TOTAL: 20 min

Choose your own adventure with these noodles! They re delicious with peanut butter and tahini alike. Plus you can use whatever frozen vegetables you have on hand and finish the dish off with any herbs still thriving in your garden or hanging out in your crisper.

- 8 ounces whole-wheat spaghetti
- 4 cups frozen vegetables such as broccoli *and/or* peppers and onions
- ½ cup creamy natural peanut butter *or* tahini
- ¼ cup reduced-sodium soy sauce
- 2 tablespoons lemon juice
- 1 clove garlic grated
- 1 teaspoon honey
- ½ teaspoon crushed red pepper
- 2 tablespoons chopped unsalted peanuts *or* toasted sesame seeds
- 2 tablespoons chopped fresh chives *and/or* cilantro
- 2 teaspoons toasted sesame oil

1. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Place frozen vegetables in a large colander and set in the sink. After reserving 1 cup of the cooking water, pour the pasta into the colander (over the vegetables) to drain.

2. Meanwhile, whisk peanut butter (or tahini), soy sauce, lemon juice, garlic, honey and crushed red pepper in a large bowl.

3. Whisk ½ cup of the reserved cooking water into the sauce until smooth. Add the pasta and vegetables and toss to coat. (If the mixture seems dry, add more of the reserved cooking water to reach desired consistency.) Top with peanuts (or sesame seeds) and chives (and/or cilantro). Drizzle with sesame oil before serving.

SERVES 4: 1¼ cups each

Cal 506 Fat 22g (sat 3g) Chol 0mg Carbs 59g Total sugars 8g (added 1g) Protein 25g Fiber 13g Sodium 701mg Potassium 368mg.

GOOD FOR YOUR NOODLE

A study of older adults in China—where peanuts are the most-eaten nut—linked long-term consumption with better brain function and lower risk of cognitive decline citing peanuts unique anti-inflammatory and antioxidant effects.

RECIPE BY HILARY MEY

INGREDIENTS

2 ears corn-on-the-cob, cut into 8 pieces
2 bell peppers (red and yellow)
1/2 red onion, cut into chunks
1/2 zucchini, sliced
5 jalapeno peppers
5 wooden skewers, soaked in water 15 minutes
4 Tbsp. Hellmann's® Vegan Dressing and Spread
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. paprika

METHOD

1. Alternately skewer corn, bell peppers, onion and zucchini on 4 skewers. Skewer jalapeno peppers on 1 skewer. Brush with 2 Tbsp. Hellmann's® Vegan Dressing and Spread and sprinkle with salt, pepper and paprika.

2. Grill or broil, turning once until vegetables are tender, about 15 minutes. Serve with remaining 2 Tbsp. Hellmann's® Vegan Dressing and Spread.

WE'RE ON THE SIDE OF FOOD

Curried Celery & Cashew Stir-Fry

ACTIVE: 15 min **TOTAL:** 15 min

Celery often plays a bit role alongside carrots and onions to season soups and stews or to add a bit of crunch to tuna salad. Here it stars in a quick side.

- **2 tablespoons peanut oil**
- **12 small dried red chiles**
- **1 teaspoon curry powder**
- **4 cups sliced celery (½-inch pieces, cut on the diagonal)**
- **½ cup raw cashews**
- **1 teaspoon lemon juice**
- **¼ teaspoon salt**

Heat oil, chiles and curry powder in a large flat-bottom wok or cast-iron skillet over medium heat until fragrant, about 1 minute. Add celery; increase heat to high and cook, stirring occasionally, for 3 minutes. Add cashews; cook, stirring occasionally, until the celery is tender-crisp, 3 to 5 minutes more. Remove from heat and stir in lemon juice and salt.

SERVES 4: 1 cup each

Cal 176 **Fat** 15g (sat 3g) **Chol** 0mg **Carbs** 9g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 229mg **Potassium** 367mg.

Spaghetti Squash with Herbs & Garlic Breadcrumbs

ACTIVE: 25 min **TOTAL:** 25 min

Serve with roast chicken or underneath meatballs as a substitute for pasta.

- **1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ cup fresh *or* panko breadcrumbs**
- **1 small clove garlic, minced**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons finely chopped fresh herbs, such as basil, tarragon, parsley *and/or* dill**

1. Place squash halves cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave on High until the flesh is tender, 10 to 12 minutes. ***(Alternatively place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until tender 40 to 50 minutes.)***

2. Meanwhile, heat 1½ tablespoons oil in a medium skillet over medium heat. Add breadcrumbs and cook, stirring frequently, until lightly browned, 1 to 2 minutes. Add garlic and ¼ teaspoon each salt and pepper; cook, stirring occasionally, until golden brown, about 1 minute more. Remove from heat.

3. Use a fork to scrape the squash from the shells into a medium bowl. Stir in herbs, the remaining 1½ tablespoons oil and ¼ teaspoon each salt and pepper. Serve the squash in the shells, if desired, topped with the breadcrumbs.

SERVES 4: ¾ cup each

Cal 197 **Fat** 11g (sat 2g) **Chol** 0mg **Carbs** 24g **Total sugars** 6g (added 0g) **Protein** 3g **Fiber** 4g **Sodium** 350mg **Potassium** 293mg.

PHOTO: MAILGOUN BREANA KILLEEN

Broccoli?
What
broccoli?

Kraft For the win win

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Roasted Romanesco with Spiced Garlic Oil

ACTIVE: 15 min **TOTAL:** 30 min

We love how romanesco's green concentric rings give it a seashell appearance.

- **2 teaspoons coriander seeds**
- **1 teaspoon fennel seeds**
- **1 teaspoon mustard seeds**
- **3 tablespoons extra-virgin olive oil**
- **5 cloves garlic, thinly sliced**
- **1 large head romanesco *or* cauliflower, cut into florets**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**

1. Place a large rimmed baking sheet in the oven; preheat to 450°F.
2. Toast coriander, fennel and mustard seeds in a large skillet over medium heat until fragrant, about 1 minute. Transfer to a spice grinder or mortar and pestle and grind coarsely. *(Alternatively place in a zip-top bag and crush with a heavy skillet.)*
3. Add oil and garlic to the pan and cook, stirring often, until fragrant, about 30 seconds. Remove from heat and add romanesco (or cauliflower) and the ground seeds. Toss to coat. Sprinkle with salt and pepper and carefully spread on the hot baking sheet.
4. Roast, stirring once halfway, until tender and browned in spots, about 15 minutes.

SERVES 4: 1¼ cups each
Cal 147 **Fat** 11g (sat 2g) **Chol** 0mg **Carbs** 11g **Total sugars** 3g (added 0g) **Protein** 4g **Fiber** 4g **Sodium** 198mg **Potassium** 546mg.

Sheet-Pan Tomato Soup

ACTIVE: 15 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

Roasting the tomatoes concentrates their flavor yielding a richly flavored soup. Make a manchego grilled cheese for dunking.

- **4 pints cherry tomatoes**
- **1 medium onion, chopped**
- **6 cloves garlic, peeled**
- **¼ cup extra-virgin olive oil**
- **¾ teaspoon salt, divided**
- **½ teaspoon pepper, divided**
- **1-2 teaspoons granulated sugar**
- **1 teaspoon chopped fresh thyme *or* ½ teaspoon dried, plus more for garnish**

1. Preheat oven to 400°F.
2. Spread tomatoes, onion and garlic in an even layer on a rimmed baking sheet. Drizzle with oil and sprinkle with ¼ teaspoon each salt and pepper; toss to coat. Roast until the tomatoes burst and the onion is very soft, 20 to 25 minutes.
3. Carefully transfer the tomatoes, onions and garlic to a blender. Add sugar to taste, thyme and the remaining ½ teaspoon salt and ¼ teaspoon pepper. Blend, scraping down the sides as necessary, until very smooth, 1 to 2 minutes. (Use caution when pureeing hot liquids.) Garnish with more fresh thyme, if desired.

SERVES 4: about 1 cup each
Cal 202 **Fat** 15g (sat 2g) **Chol** 0mg **Carbs** 17g **Total sugars** 10g (added 1g) **Protein** 3g **Fiber** 4g **Sodium** 453mg **Potassium** 770mg.

RECIPES BY ADAM DOLGE BREANA KILLEEN

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Chipotle Chicken Empanadas

Ingredients

For Empanadas:

1 pkg. (11.6 oz.) GOYA® Empanada Dough – Pu Pastry for Baking, thawed

2 cups shredded cooked chicken

⅔ cup GOYA® Tomato Sauce

2 peppers, finely chopped, from 1 can GOYA® Chipotle Peppers in Adobo Sauce

¼ cup fresh cilantro, chopped

1 cup shredded Mexican cheese blend

1 egg, beaten with 2 teaspoons water

For Cilantro Crema:

½ cup sour cream

¼ cup fresh cilantro, chopped

1 tsp. grated lime zest

¼ tsp. GOYA® Adobo All-Purpose Seasoning with Pepper

For step-by-step instructions, visit goya.com/chickenempanadas

If it's GOYA *it has to be good!®*

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Chef Jeremiah Langhorne

At his restaurant, The Dabney, in Washington, D.C., Langhorne's goal is to make the ingredients sourced from local farmers, producers and fishermen the star of the show. For instance, you can often find this crab salad on the menu in the fall when Maryland blue crab is at its peak.

Crab & Apple Salad with Brown Butter Vinaigrette

ACTIVE: 20 min TOTAL: 20 min

The rich nutty flavor of brown butter is a complement to the delicate briny crab. Fennel pollen—which is harvested from fennel flowers—adds a citrusy floral anise flavor. Find it at well-stocked grocery stores or online. Or leave it out—the salad will still be delicious!

- 4 tablespoons (½ stick) unsalted butter
- 1 medium shallot minced
- 1 clove garlic minced
- 1 tablespoon champagne vinegar
- 1 teaspoon lemon juice plus grated zest for garnish
- ½ teaspoon honey
- ½ teaspoon fennel pollen plus more for garnish
- ½ teaspoon salt divided
- ¼ teaspoon ground pepper
- 1 pound cooked jumbo lump blue crabmeat picked over
- 2 tablespoons finely chopped fresh chives
- 1 medium Honey Crisp ***or*** Granny Smith apple thinly sliced
- ½ cup walnuts toasted and chopped
- 1 tablespoon walnut ***or*** extra-virgin olive oil

1. Melt butter in a small saucepan over medium heat. Cook, stirring occasionally, until golden brown and fragrant, about 3 minutes. Remove from heat and stir in shallot and garlic. Let stand until softened, about 2 minutes. Whisk in vinegar, lemon juice, honey, fennel pollen, ¼ teaspoon salt and pepper.

2. Mix crab, chives and the remaining ¼ teaspoon salt in a medium bowl. Drizzle the warm vinaigrette over the top and toss to mix well. Arrange on plates with apple and walnuts and drizzle with oil. Sprinkle with lemon zest and more fennel pollen before serving, if desired.

SERVES 8: ¾ cup each

Cal 183 Fat 13g (sat 4g) Chol 55mg Carbs 5g Total sugars 3g (added 0g) Protein 13g Fiber 1g Sodium 354mg Potassium 72mg.

JOHNNY AUTRY; INSET: OBI OKOLO

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jimmydean.com

DOUBLE UP

When making sauces, always double the recipe, this way you'll have a second sauce ready in the freezer for next time.

BONUS TIP

KEEP AN ONGOING LIST

Keep a running list on the fridge—this way when a recipe calls for a pantry staple you don't have, you can add it to the list. This helps ensure that nothing is missed during your next trip to the store!

Massaged Kale Salad with Roasted Sweet Potato & Black Beans

ACTIVE: 40 min **TOTAL:** 40 min

Loaded with roasted sweet potatoes and shallots black beans quinoa feta and pepitas this salad makes for a satisfying meatless meal. Not only does massaging the kale tenderize it it also helps the greens absorb more of the bright dressing.

1 large sweet potato, cut into ½-inch-thick wedges
5 tablespoons extra-virgin olive oil, divided
2 teaspoons ancho chile powder
½ teaspoon salt, divided
6 medium shallots, peeled and quartered
3 tablespoons lemon juice
1 large clove garlic, grated
1 pound kale, stemmed and torn
1 15-ounce can no-salt-added black beans, rinsed
1 cup cooked quinoa
½ cup crumbled feta cheese
½ cup unsalted pepitas, toasted

1. Position racks in upper and lower thirds of oven; preheat to 425°F.

2. Toss sweet potato with 1 tablespoon oil, chile powder and ⅛ teaspoon salt on a large rimmed baking sheet. Toss shallots with 1 tablespoon oil and ⅛ teaspoon salt on another large rimmed baking sheet. Roast the vegetables, flipping once, until tender and caramelized, about 20 minutes.

3. Meanwhile, whisk lemon juice and garlic with the remaining 3 tablespoons oil and ¼ teaspoon salt in a large bowl. Add kale and massage with the dressing until bright green and shiny and the volume is reduced by about half. Add beans, quinoa, feta, pepitas and the shallots. Toss to combine and serve topped with the sweet potato.

SERVES 4: 2½ cups each
Cal 588 **Fat** 30g (sat 7g) **Chol** 17mg **Carbs** 64g **Total sugars** 12g (added 0g) **Protein** 21g **Fiber** 14g **Sodium** 691mg **Potassium** 1,204mg.

SEE THAT ORANGE & GREEN?

Sweet potato and kale s bright colors signal their high content of beta carotene a phytonutrient pigment that s crucial for maintaining healthy vision and staving off conditions like cataracts and macular degeneration.

RECIRE BY HILARY MEYER

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Salmon with Lemon-Herb Orzo & Broccoli

ACTIVE: 25 min TOTAL: 25 min

You add broccoli right into the pot along with the pasta during its last minute of cooking to save time here. One less thing to wash too!

- 1 cup orzo preferably whole-wheat
- 2 cups chopped broccoli (about ½ head)
- 3 tablespoons extra-virgin olive oil divided
- 1¼ pounds skin-on salmon fillet cut into 4 portions patted dry
- ½ teaspoon salt divided
- ½ teaspoon ground pepper divided
- 4 tablespoons chopped fresh herbs such as tarragon chives *and/or* parsley
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice

1. Bring 2 quarts water to a boil in a large saucepan. Add orzo and cook according to package directions, adding broccoli for the last minute of cooking. Drain and rinse with cold water.

2. Meanwhile, heat 1½ teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle salmon with ¼ teaspoon each salt and pepper. Add to the pan, skin-side up, and cook until golden brown, 3 to 5 minutes. Flip and cook until the flesh is opaque, 3 to 5 minutes, depending on thickness.

3. Whisk 2 tablespoons oil, herbs, lemon zest, lemon juice and the remaining ¼ teaspoon each salt and pepper in a medium bowl. Add the orzo and broccoli; stir until combined.

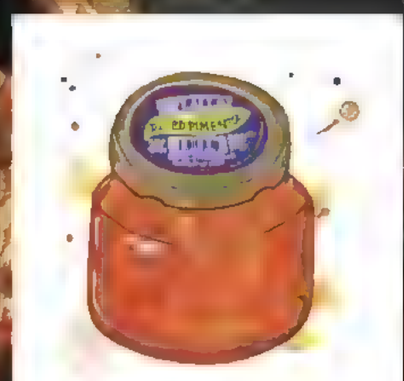
4. Serve the orzo mixture with the salmon and drizzle with the remaining 1½ teaspoons oil.

SERVES 4: 4 oz. salmon & ¾ cup orzo each
Cal 425 Fat 17g (sat 3g) Chol 66mg Carbs 32g Total sugars 1g (added 0g) Protein 35g Fiber 8g Sodium 371mg Potassium 675mg.

SALMON SAVVY

Check your sourcing: 54% of global farmed salmon, much of which comes from Chile, is rated "avoid" by Seafood Watch. The nonprofit is working with the country's salmon farmers to improve practices. Consult SeafoodWatch.org or look for the blue MSC fish logo to choose the best farmed or wild salmon.

RECIPE BY LAURA KAMYA



PICK A PEPPER

Sweet and mild pimiento peppers add a little zest to this mac and cheese. The small nightshades are sometimes dried and ground to make paprika. Find jars of them near the pickles and olives at the grocery store.

Zucchini-Pimiento Skillet Mac & Cheese

ACTIVE: 30 min TOTAL: 45 min

Here we boil the pasta a little less than usual until just shy of al dente so it doesn t overcook in the oven.

- 8 ounces whole-wheat elbow macaroni
- 2 tablespoons extra-virgin olive oil divided
- 1 cup chopped onion
- 3 cups diced zucchini *and/or* summer squash
- ½ teaspoon salt divided
- ½ teaspoon ground pepper divided
- 2 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 cups low-fat milk
- 1 teaspoon dry mustard
- ¼ teaspoon cayenne pepper
- 2 cups shredded extra-sharp Cheddar cheese
- 1 4-ounce jar diced pimientos *(see Tip)* rinsed
- ½ cup panko breadcrumbs preferably whole-wheat
- ½ teaspoon garlic powder

1. Preheat oven to 400°F. Bring a large saucepan of water to a boil

2. Cook macaroni 1 minute less than the package directions for al dente. Drain and set aside.

3. Meanwhile, heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add onion and cook, stirring, until starting to brown, about 2 minutes. Add zucchini (and/or summer squash) and ¼ teaspoon each salt and pepper; cook, stirring, until starting to soften, 2 to 3 minutes. Transfer to a bowl and set aside.

4. Reduce heat to medium and melt butter in the skillet. Sprinkle with flour and whisk until fragrant, 1 to 2 minutes. Whisk milk, dry mustard, cayenne and the remaining ¼ teaspoon each salt and pepper in a small bowl. Slowly pour the milk mixture into the skillet, whisking constantly. Cook, stirring, until the sauce is thick enough to coat the back of a spoon, 3 to 5 minutes.

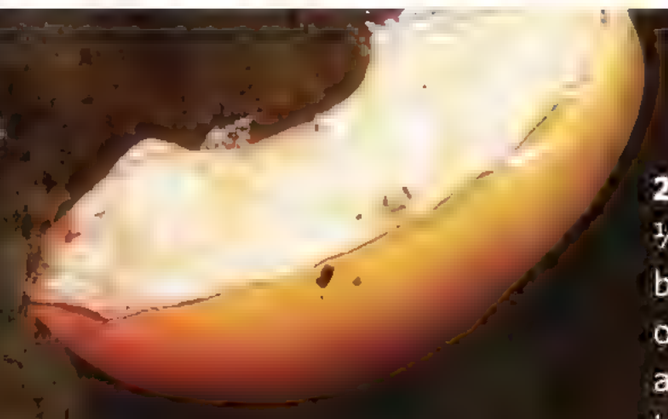
5. Remove from heat and stir in cheese and pimientos. Using a slotted spoon, add the reserved vegetables to the skillet along with the pasta. Stir to coat.

6. Mix panko, garlic powder and the remaining 1 tablespoon oil in a small bowl. Sprinkle over the casserole. Transfer to the oven and bake until the sauce is bubbling and the topping is golden, about 15 minutes.

SERVES 4: 2 cups each

Cal 682 Fat 34g (sat 18g) Chol 81mg Carbs 71g Total sugars 11g (added 0g) Protein 31g Fiber 8g Sodium 732mg Potassium 655mg.

ILLUSTRATION BY EMMA DIBBEN RECIPE BY CAROLYN CASNER



Pork Tenderloin with Roasted Apples & Squash

ACTIVE: 20 min **TOTAL:** 50 min

Preheated baking sheets help jump-start the roasting process ensuring everything gets nicely browned.

- **1 medium acorn squash (about 1¾ pounds), seeded and cut into eighths**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons chopped fresh sage, divided**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 medium Pink Lady *or* Braeburn apples, cut into eighths**
- **1 pound pork tenderloin, trimmed**
- **1 tablespoon whole-grain mustard**
- **1 tablespoon grated Parmesan cheese**
- **2 tablespoons cider vinegar**

1. Position racks in center and lower third of oven. Place a large rimmed baking sheet on each rack. Preheat oven to 450°F.

2. Toss squash with oil, 1 tablespoon sage and ¼ teaspoon each salt and pepper in a medium bowl. Place the squash, cut-side down, on one of the baking sheets. Add apples to the bowl and toss to coat with the remaining oil mixture; set aside.

3. Coat the other baking sheet with cooking spray and place pork on it. Sprinkle the pork with the remaining ¼ teaspoon each salt and pepper. Brush the top with mustard and sprinkle with Parmesan and the remaining 1 tablespoon sage. Place the pork on the lower rack and the squash on the center rack and roast for 10 minutes.

4. Add the apples to the pan with the pork. Flip the squash. Continue roasting until the squash is tender and an instant-read thermometer inserted in the thickest part of the pork registers 145°F, 10 to 15 minutes more.

5. Transfer the pork to a clean cutting board and let rest for 5 minutes. Pour vinegar around the apples and scrape up the browned bits. Toss the apples with the squash. Slice the pork and serve with the squash and apples.

SERVES 4: 3 oz. pork & 2 cups squash and apples each

Cal 293 **Fat** 11g (sat 2g) **Chol** 75mg **Carbs** 24g **Total sugars** 12g (added 0g) **Protein** 25g **Fiber** 4g **Sodium** 453mg **Potassium** 939mg.

Scan with your phone s camera for more fall sheet-pan dinners.

RECIPE BY CAROLYN MALCOLM

Spicy Tomato-Braised Pot Roast

EQUIPMENT: 6-quart or larger slow cooker
ACTIVE: 20 min **TOTAL:** 4 hrs 20 min *or* 8 hrs 20 min
TO MAKE AHEAD: Refrigerate for up to 4 days or freeze for up to 3 months.

This tomato sauce gets its heat from Calabrian chiles. Find them whole or chopped packed in jars near the pickles in well-stocked grocery stores. If you don t have any just a bit of crushed red pepper will do the trick. Serve over polenta mashed potatoes or pasta.

- **1 cup dry red wine**
- **1 6-ounce can tomato paste**
- **1 tablespoon chopped Calabrian peppers *or* ½ teaspoon crushed red pepper**
- **1 teaspoon Italian seasoning**
- **¾ teaspoon salt, divided**
- **1 large carrot, chopped**
- **1 small onion, chopped**
- **2 cloves garlic, chopped**
- **1 2- to 2½-pound boneless beef chuck roast, trimmed**
- **¼ teaspoon ground pepper**
- **Fresh basil for garnish**

1. Whisk wine, tomato paste, Calabrian peppers (or crushed red pepper), Italian seasoning and ¼ teaspoon salt in a 6-quart or larger slow cooker. Stir in carrot, onion and garlic. Season beef with the remaining ½ teaspoon salt and pepper and add to the slow cooker. Cook until the beef is tender, about 4 hours on high or 8 hours on low.
2. Skim fat from the sauce. Slice the beef across the grain and serve with the sauce. Garnish with basil, if desired.

SERVES 8: 3 oz. beef & ⅓ cup sauce each
Cal 206 **Fat** 5g (sat 2g) **Chol** 74mg **Carbs** 7g **Total sugars** 4g (added 0g) **Protein** 26g **Fiber** 1g **Sodium** 445mg **Potassium** 501mg.

COZI

Get *Eating Well* recipes on the go plan meals and track the grocery list with Cozi the meal-planning and organizing app for families—download it free in the app store.

RECIPE BY DEVON O BRIEN

Tamarind-Glazed Flank Steak with Carrots & Dates

ACTIVE: 40 min **TOTAL:** 40 min

Flank steak is the perfect candidate for cooking under the broiler. The high heat sears it on the outside while leaving the inside juicy. If you can t find flank strip steak or hanger steak would work well too.

- **1 pound carrots, cut into ½-inch pieces**
- **1 large red onion, cut into 1-inch wedges**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1½ tablespoons honey, divided**
- **1 tablespoon tamarind paste *or* concentrate *(see Tip)***
- **2 teaspoons reduced-sodium tamari *or* soy sauce**
- **1 teaspoon ground cumin, divided**
- **1 pound flank steak, trimmed**
- **1 tablespoon red-wine vinegar**
- **⅓ cup pitted dates, halved**
- **2 tablespoons chopped fresh mint**

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Line a rimmed baking sheet with foil.

2. Toss carrots and onion with 1 tablespoon oil and ¼ teaspoon each salt and pepper on an unlined large rimmed baking sheet. Roast on the lower rack until soft but not browned, about 10 minutes. Remove from oven. Increase oven temperature to high broil.

3. Meanwhile, combine 1 tablespoon each oil and honey, tamarind, tamari (or soy sauce) and ¾ teaspoon cumin in a small bowl. Reserve half for serving. Place steak on the prepared baking sheet and sprinkle with the remaining ¼ teaspoon each salt and pepper. Brush one side with the tamarind mixture.

4. Broil the steak on the top rack, flipping once and basting with the tamarind mixture, until an instant-read thermometer inserted in the thickest part registers 145°F for medium, 8 to 10 minutes total. Transfer the steak to a clean cutting board and let rest for 5 minutes.

5. Whisk vinegar, the remaining 1 tablespoon oil, 1½ teaspoons honey and ¼ teaspoon cumin in a large bowl. Stir in the carrots and onion, dates and mint.

6. Slice the steak across the grain. Drizzle with the reserved tamarind sauce and serve with the vegetables.

SERVES 4: 3 oz. steak & ¾ cup vegetables each
Cal 464 **Fat** 21g (sat 6g) **Chol** 92mg **Carbs** 34g **Total sugars** 22g (added 6g) **Protein** 34g **Fiber** 5g **Sodium** 550mg **Potassium** 894mg.

TEAM TAMARIND Sweet-and-sour tamarind paste and concentrate are made from the seed pods of tamarind trees, which are native to Africa. Their sticky consistency makes a great thick glaze for this steak. Look for them with other Asian or Middle Eastern ingredients in well-stocked supermarkets or substitute with 1 Tbsp. each lime juice and brown sugar.

BRIE PASSANO ILLUSTRATION BY EMMA DIBBEN RECIPE BY BREANA KILLEEN

Chipotle Meatballs

ACTIVE: 40 min **TOTAL:** 55 min

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

If you re going to make homemade meatballs you might as well make a big batch to have on hand for multiple dinners. One night serve half over chunky mashed sweet potatoes. Then turn the rest into a crispy torta with roasted peppers onions and mashed black beans (see below right).

- **1 cup shredded zucchini**
- **1 large egg, lightly beaten**
- **1½ pounds lean ground beef**
- **½ cup panko breadcrumbs, preferably whole-wheat**
- **1½ cups finely chopped onion, divided**
- **⅓ cup chopped fresh cilantro**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 28-ounce can no-salt-added whole tomatoes**
- **¼ cup canned chipotle peppers in adobo**
- **3 large cloves garlic, crushed**
- **¼ cup extra-virgin olive oil**
- **2 tablespoons chili powder**

1. Preheat oven to 400°F. Line a large rimmed baking sheet with foil.
2. Squeeze zucchini in a clean kitchen towel to remove excess moisture. Place the zucchini in a large bowl and add egg, beef, panko, ½ cup onion, cilantro, salt and pepper. Mix gently with your hands until just combined (do not overmix). Using about 3 tablespoons to make each, shape the mixture into 24 meatballs. Place 1 inch apart on the prepared baking sheet.
3. Bake the meatballs until an instant-read thermometer inserted in the center registers 165°F, about 18 minutes.
4. Meanwhile, combine tomatoes, chipotles and garlic in a blender. Blend until smooth.
5. Heat oil in a large pot over medium-high heat. Add the remaining 1 cup onion and chili powder and cook, stirring, until the onion is beginning to soften, about 3 minutes. Add the tomato mixture and bring to a boil. Reduce heat to maintain a simmer, cover and cook for 5 minutes. Stir in the meatballs, cover and cook 5 minutes more.

SERVES 8: 3 meatballs & ½ cup sauce each
Cal 297 **Fat** 16g (sat 4g) **Chol** 88mg **Carbs** 12g **Total sugars** 4g (added 0g) **Protein** 26g **Fiber** 3g **Sodium** 293mg **Potassium** 608mg.

RECIPE BY HILARY MEYER

TRY IT WITH

Chipotle Meatball Torta with Roasted Veggies

EQUIPMENT: Panini maker

Roast 5 cups sliced **bell peppers** and **onions** tossed with 2 tsp. **extra-virgin olive oil** on a rimmed baking sheet at 425°F, stirring once halfway, until browned, about 20 minutes. Squeeze ½ **lime** over the vegetables and toss with ½ tsp. **dried oregano.** Mash ½ cup rinsed **no-salt-added black beans** with 1 Tbsp. **sour cream** and a pinch of **salt.** Cut a 16-inch **baguette** into 4 pieces and split each horizontally. Hollow out most of the soft bread from the center. Divide the bean mixture, 8 coarsely chopped **meatballs,** the vegetables, ½ cup **sauce** and ¼ cup crumbled **queso fresco** among the sandwiches. Coat the tops with cooking spray. Cook in a panini maker until the bread is crispy, 4 to 6 minutes. **SERVES 4**

TRY IT WITH

Chipotle Meatballs with Mashed Sweet Potatoes

Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add 2 lb. cubed **sweet potatoes,** cover and steam until very soft, 15 to 18 minutes. Transfer to a medium bowl and mash with ⅔ cup low-fat **milk,** 1½ Tbsp. **butter** and ¼ tsp. each **salt** and **ground pepper** until combined but still slightly chunky. Serve with 12 **meatballs** and 3 cups **sauce,** topped with 3 Tbsp. each shredded **cotija cheese** and chopped **cilantro.** **SERVES 4**

NUTRITION INFO: page 102.

What's in a Name?

Learn about the ancient roots of this Jamaican dish.
By Dr. Jessica B. Harris

The term "escovitch" comes from the Spanish word escabeche, which means marinade or pickle, a technique that was adapted by Jamaicans during the Spanish colonization from 1494 until 1655. It refers to fish that is prepared and served with the sauce it has been marinating in. But the dish has even deeper historical roots: the Spaniards took inspiration for their version (which was often made with meat instead of fish) from a medieval Persian sweet-and-sour recipe called al-sikbaj.

For more on the cultural significance of this recipe scan this code with your phone s camera.

Jamaican Escovitch Fish

ACTIVE: 30 min **TOTAL:** 1 hr
TO MAKE AHEAD: Refrigerate vegetables (Step 1) for up to 1 week.
This dish is often served with bammy (also spelled bammie) a flatbread made from cassava but it s also delicious over rice.

- **3 tablespoons canola oil, divided**
- **2 medium onions, halved and thinly sliced**
- **2 medium carrots, cut crosswise into thirds and sliced into thin strips**
- **1 medium bell pepper, thinly sliced**
- **1 habanero chile, seeded and thinly sliced**
- **½ teaspoon allspice berries, cracked, plus 3 whole berries**
- **½ teaspoon black peppercorns**
- **3 sprigs fresh thyme**
- **1½ cups cane vinegar** *(see Tip)*
- **1¼ pounds red snapper** *or* **2½ pounds porgy (about 4 small), cleaned and heads removed**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**

1. Heat 2 tablespoons oil in a large saucepan over medium heat. Add onions, carrots, bell pepper, chile, cracked and whole allspice berries, peppercorns and thyme. Cook, stirring often, until the vegetables soften, about 10 minutes. Add vinegar and bring to a boil. Reduce heat and simmer for 3 minutes. Remove from heat.

2. Meanwhile, heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Sprinkle both sides of fish with salt and pepper. Cook, turning once, until just cooked through, 3 to 5 minutes per side, depending on thickness. Remove from heat. Pour the vegetables over the fish. Let stand at room temperature for 30 minutes before serving.

SERVES 4: 5 oz. fish & ¾ cup vegetables each

Cal 303 **Fat** 13g (sat 1g) **Chol** 53mg **Carbs** 12g **Total sugars** 7g (added 1g) **Protein** 30g **Fiber** 3g **Sodium** 411mg **Potassium** 910mg.

TIP: To substitute for cane vinegar, use 1½ cups cider vinegar plus 1 tsp. dark brown sugar.

JESSICA B. HARRIS, PH.D., *is a culinary historian and the author of 13 books related to the African diaspora. She is the 2020 recipient of the James Beard Lifetime Achievement Award.*

GOOD FOOD FAST

GIVE YOURSELF A BREAK

Morning Eggcitement

Forget plain eggs—these breakfast ideas (turn for 4 more!) will put a little life back into your a.m. routine.

1

Egg Tartine
Top a slice of whole-wheat toast with sliced tomato or avocado and a fried egg. Sprinkle with fresh herbs, microgreens and/or capers.

LEIGH BEISCH; STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS)

Get Cracking!

Besides the protein they deliver, eggs provide a signi cant amount of choline, a key nutrient for brain health. So, start your day with one of these delicious ideas.

RECIPES BY THE EATINGWELL TEST KITCHEN

2

2-Ingredient Crêpes
Whisk 2 large eggs with a mashed banana. Pour half of the mixture into a nonstick pan over medium heat and cook until set. Transfer to a plate and repeat with the remaining mixture. Top with desired fillings such as chocolate-hazelnut spread strawberries and whipped cream.

3

Salsa Egg Skillet
Bring tomatillo salsa *(page 98)* to a simmer in a small skillet over medium heat. Add an egg to the pan cover and cook until the egg is set. Serve topped with crumbled cotija cheese chopped fresh cilantro thinly sliced avocado red onion and/or radishes.

Cheddar Grits with Sausage
Prepare quick-cooking grits according to package directions. Remove from heat and stir in shredded Cheddar cheese and butter. Serve the grits topped with crumbled cooked breakfast sausage, sautéed mushrooms and soft-boiled eggs. Garnish with microgreens and hot sauce.

Breakfast Naan Pizza
(Photo: cover.) Spread ricotta cheese over a whole-wheat naan and drizzle with pesto or marinara sauce. Sprinkle with lemon zest. Crack an egg on top and sprinkle with Parmesan cheese. Bake at 425°F until the egg is set, about 10 minutes. Garnish with chopped fresh basil and ground pepper.

NUTRITION INFO: page 102.

Eggs in a Flash

After nutritionally vetting store-bought egg bites galore we taste-tested 18 varieties to find the best. By Devon O Brien & Sara Haas RD

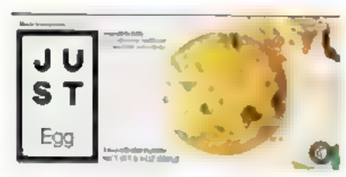
Vital Farms Pasture-Raised Egg Bites Uncured Bacon & Cheddar Cheese
240 cal 520mg sodium 18g protein
Sharp Cheddar and bacon lend rich satisfying flavor and the cheese gives these bites a calcium boost—20% of your Daily Value per serving.

Trader Joe s Egg Frittata with Swiss Cheese & Cauliflower
270 cal 620mg sodium 25g protein
These airy mini frittatas have a slightly browned exterior as if they were fresh from the oven. Whole eggs mixed with whites (which have a tad more protein) provide extra staying power.

Jimmy Dean Sausage & Cheddar Omelet Minis
220 cal 630mg sodium 13g protein
This pick packs delicious flavor thanks to spiced sausage. Plus a little cream cheese in the egg mixture makes them extra-rich.

Organic Valley Uncured Ham & Swiss Egg Bites
220 cal 460mg sodium 16g protein
Chunks of ham not only add mouthwatering umami they also add textural contrast. A little cottage cheese in the mix lends creaminess and ups the protein count.

Nellie s Broccoli & Cheddar Sous-Vide Egg Bites
180 cal 400mg sodium 14g protein
These bites have a tender custardy texture. The serving listed on the package is for one bite compared to two of the others so to make it comparable we doubled the numbers above.



Just Egg Sous Vide Inspired by India
180 cal 380mg sodium 8g protein
Our favorite plant-based option these are made with mung bean protein. They re studded with broccoli and cauliflower and seasoned with curry powder and coconut milk.

PHOTOS BY TED & CHELSEA CAVANAUGH STYLING BY NORA SINGLEY

Let Them Eat Rice Cakes

Fiber helps keep us feeling full between meals, but it has plenty of other bene ts too. Gobbling up 25 to 38 grams of this key nutrient daily can reduce the risk of type 2 diabetes, heart disease and even certain cancers. Plus, it feeds the good bacteria in your gut and helps keep you regular. Throw together one of these snacks to help you get to that daily goal.
By Andrea Mathis, RD

5g fiber
Rosemary Popcorn Trail Mix

Toss 2 cups air-popped popcorn, ¼ cup mini pretzel twists and 2 Tbsp. roasted unsalted almonds with 2 tsp. grated Parmesan cheese, 1 tsp. extra-virgin olive oil and ½ tsp. dried rosemary.

5g fiber
Peanut Butter Yogurt Parfait

Layer ½ cup low-fat plain Greek yogurt, ⅓ cup raspberries, 2 Tbsp. granola, 2 tsp. peanut butter and 1 Tbsp. roasted unsalted peanuts.

6g fiber
Garlic Sesame Edamame

Prepare ¾ cup frozen edamame in pods according to package directions. Toss with 1 tsp. sesame oil, ½ tsp. garlic powder and ⅛ tsp. kosher salt.

6g fiber
Crackers with Spicy Avocado

Top 6 whole-grain crackers with ⅓ sliced avocado, 1 tsp. hemp seeds, ⅛ tsp. salt and a pinch of cayenne pepper.

5g fiber
Chickpea Snack Salad

Toss ½ cup rinsed canned chickpeas, ¼ cup halved grape tomatoes, 1 Tbsp. red-wine vinaigrette and 2 sliced olives.

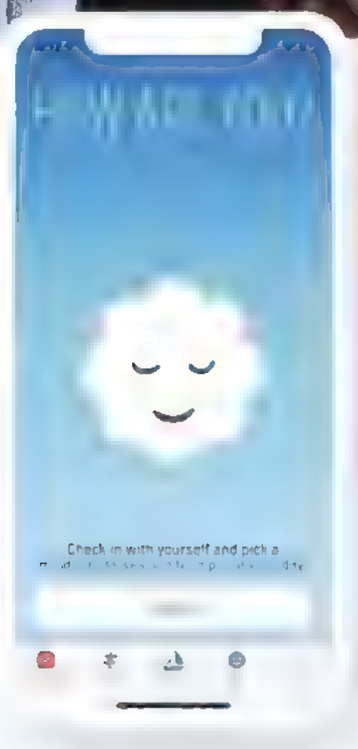
5g fiber
Rice Cake Snackwich

Spread 1 Tbsp. almond butter on a brown rice cake. Sprinkle with ½ tsp. flaxseed and a pinch of ground cinnamon. Top with ½ sliced apple and another brown rice cake.

Scan with your phone's camera for more fiber-packed snack ideas.

NUTRITION INFO: page 102.

4:32 am — Restless
6:27 am — Exhausted
10:49 am — Stressed
1:45 pm — Loving
3:46 pm — Excited
5:47 pm — Insecure
8:42 pm — Hopeful
11:07 pm — Grateful



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Love Me Tenders

We scouted the freezer section and tasted almost 30 chicken tenders and nuggets (and their meatless counterparts) to find the healthiest bites that still delivered plenty of yum. Plus we learned a few key shopping tips along the way. By Joyce Hendley M.S.

Name game. Identifiers like "tender" and "nugget" tell you about the shape and size to expect. But as for the meat under the breading, some brands boast cut pieces of chicken, whereas others have uniformly shaped bites of meat that can contain binders and fillers. We found brands that list the specific cut—"chicken breast," for example—tend to be the least processed, compared to those that simply list "white chicken meat."

New "chicks" on the block. These days, many products focus on sounding positively healthy-ish, touting benefits like having vegetables mixed in with the meat or breading. It may boost their fiber and help lower calories a little, though it's not enough to count as a serving of veggies, so don't get too hung up on them.

Salt matters. Sodium is an issue with many convenience foods, and with nuggets, it tends to lurk in the crispy coating. The meat may also be tenderized or "marinated" in salty solutions before breading. Look for brands with less than 450 mg of sodium per serving of chicken and less than 500 mg for plant-based.

Protein paradoxes. Because breading is a big component of these crunchified chicken pieces, they aren't the protein powerhouse that the same amount of plain chicken breast is. Most brands of chicken or meatless tenders and nuggets, especially vegan versions, have less than half the 26 grams that a 3-ounce portion of skinless breast has. Aim for at least 12 grams of protein per serving, and if you're going meatless, at least 8.

NUMBERS TO LOOK FOR

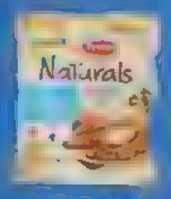
Protein
>12 grams
(8 grams for meatless)

Sodium
<450 mg
(500 mg for meatless)

Raised & Rooted Whole-Grain Plant-Based Tenders
210 cal 8g protein 480mg sodium
Made with pea protein whole grains and vegetables this vegan option also gets you a hit of fiber (5 grams of the stuff). It has just as much crunch as a traditional tender and we like the hint of nutty flavor from the whole-wheat breading.

Good & Gather Popcorn Chicken
190 cal 12g protein 440mg sodium
If you like a good crunch reach for these—the small popcorn-size chicken means you get a higher breading-to-meat ratio (which also means a touch less protein). The little bites are perfect for tossing on a salad.

Bell & Evans Breaded Chicken Breast Nuggets Gluten Free
190 cal 20g protein 400mg sodium
Because these are made with raw chicken pieces they take longer to prepare than most nuggets but they re worth it because it ensures the meat won t dry out. (A bit of salt solution helps with that too.) We found this pick to be the most juicy and tender.



Tyson Naturals Lightly Breaded Chicken Breast Strips
150 cal 16g protein 430mg sodium
The craggy bits of thick breading on these make them look like chicken fresh from a fryer. A mix of spices gives them a nice hit of flavor.

Perdue SimplySmart Organics Lightly Breaded Chicken Breast Strips
150 cal 15g protein 410mg sodium
These tender strips of real chicken breast have just the right amount of breading for a meaty bite with a light crisp coating.

WWF

love it or lose it

Time is running out to protect our food systems. **Act now.** wwf.org/love

If you have 15 minutes in the morning, you can fill up your slow cooker and have a fabulous dinner 8 hours later. Bonus: No searing, deglazing or other fussy steps required. These recipes are truly load-and-go.

Just Press Start

Recipes by
Liana Krisso

Photography by
Leigh Beisch

Peanut-Achiote
Chicken & Vegetables

Peanut-Achiote Chicken & Vegetables

ACTIVE: 25 min TOTAL: 5 hrs 25 min *or* 8 hrs 25 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: 6-qt. slow cooker

This satisfying dish has a depth of flavor that belies its short ingredient list. Sazón seasoning typically includes coriander cumin and oregano—look for one that also has achiote (annatto). The ground seeds of the evergreen Bixa orellana *shrub achiote gives the dish a bright orange hue. These blends along with jarred sofrito can be found with other Latin ingredients at most grocery stores.*

- 1 14-ounce can fire-roasted diced tomatoes
- 1 cup water
- ½ cup jarred sofrito *(see Tip page 100)*
- 3 tablespoons crunchy natural peanut butter
- 2 teaspoons sazón seasoning with achiote
- 1 teaspoon ancho chile powder
- 1 teaspoon salt
- 1 bay leaf
- 3 pounds bone-in chicken thighs *and/or* drumsticks skin removed trimmed
- 3 medium carrots cut into 1-inch pieces
- 3 small russet potatoes peeled and cut into 1-inch pieces

1. Combine tomatoes with their juice, water, sofrito, peanut butter, sazón seasoning, chile powder, salt and bay leaf in a 6-quart slow cooker. Nestle chicken into the mixture. Add carrots and potatoes, pressing them into the mixture. Cover and cook until the chicken and vegetables are very tender, about 5 hours on High or 8 hours on Low.

2. Transfer the chicken to a clean cutting board. Discard the bay leaf. Shred the chicken; discard the bones. Stir the chicken into the stew.

SERVES 8: 1¼ cups each
Cal 321 Fat 15g (sat 4g) Chol 90mg Carbs 18g Total sugars 4g (added 0g) Protein 28g Fiber 3g Sodium 638mg Potassium 593mg.

Berbere-Spiced Lentil & Turnip Soup

ACTIVE: 20 min TOTAL: 5 hrs 20 min *or* 8 hrs 20 min
TO MAKE AHEAD: Refrigerate for up to 4 days.
EQUIPMENT: 6-qt. slow cooker

Generally a mix of cayenne garlic powder cumin cardamom fenugreek allspice cinnamon coriander and more the Ethiopian spice blend berbere adds heat and loads of flavor to this satisfying soup. Look for it with other spices at well-stocked grocery stores.

- 1 pound green lentils rinsed
- 8 cups low-sodium vegetable broth
- 4 small turnips peeled and cut into ½-inch pieces
- 3 large tomatoes peeled if desired cut into 1-inch pieces
- 1 large onion diced
- 2 stalks celery cut into ½-inch pieces plus leaves for garnish
- 2 cloves garlic grated
- 2 tablespoons salt-free berbere spice blend
- 1¼ teaspoons salt
- Plain Greek yogurt for serving

1. Combine lentils, broth, turnips, tomatoes, onion, celery, garlic, berbere and salt in a 6-quart slow cooker. Stir to make sure the lentils and turnips are covered with the liquid. Cover and cook until the lentils and vegetables are tender, 5 to 6 hours on High or 8 to 10 hours on Low.

2. Serve the soup topped with celery leaves and yogurt, if desired.

SERVES 10: about 1¼ cups each
Cal 215 Fat 1g (sat 0g) Chol 0mg Carbs 41g Total sugars 7g (added 0g) Protein 13g Fiber 8g Sodium 433mg Potassium 581mg.

Lamb & Winter Squash Curry

ACTIVE: 20 min TOTAL: 5 hrs 20 min *or* 8 hrs 20 min
TO MAKE AHEAD: Refrigerate for up to 4 days or freeze for up to 3 months.
EQUIPMENT: 6-qt. slow cooker

Serve this curry with a steamed grain like brown rice millet or whole-wheat couscous for soaking up the sauce. Or try a pile of al dente braised curly kale—its frilly leaves catch and hold the sauce nicely. If you prefer things spicier use a hot Madras-style curry powder and add an extra Scotch bonnet pepper or two.

- 1 13-ounce can coconut milk
- ¾ cup canned diced fire-roasted tomatoes
- ½ cup water
- 2 tablespoons curry powder
- 1 tablespoon chopped fresh thyme
- ¾ teaspoon salt
- 2 pounds boneless lamb shoulder *or* leg trimmed and cut into 1½-inch pieces
- 4 cups cubed peeled butternut squash (1-inch pieces)
- 1-2 whole Scotch bonnet *or* habanero peppers
- 2 scallions thinly sliced

1. Combine coconut milk, tomatoes, water, curry powder, thyme and salt in a 6-quart slow cooker. Stir in lamb and squash, pressing down so they're almost covered with the liquid. Cut two side slits in pepper(s); nestle into the liquid. Cover and cook until the lamb and squash are tender, about 5 hours on High or 8 hours on Low.
2. Discard the pepper(s) and serve topped with scallions.

SERVES 6: 1¼ cups each
Cal 334 Fat 19g (sat 14g) Chol 74mg Carbs 16g Total sugars 4g (added 0g) Protein 26g Fiber 4g Sodium 452mg Potassium 824mg.

Black-Vinegar-Braised Beef

ACTIVE: 30 min TOTAL: 6½ hrs *or* 8½ hrs
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.
EQUIPMENT: 6-qt. slow cooker

The fragrant aroma of star anise will welcome you home after this braise cooks throughout the day. Serve with rice or rice noodles.

- ½ cup dark brown sugar
- ½ cup Zhenjiang black vinegar *(see Tip page 100)*
- ¼ cup water
- 5 ¼-inch-thick coins fresh ginger plus ½ cup julienned divided
- 2 whole star anise
- 1 teaspoon salt
- 1 3-pound beef chuck roast trimmed
- ½ large sweet onion cut into ¼-inch-thick slivers
- ½ teaspoon ground pepper
- 1 cup coarsely chopped fresh cilantro
- 4 scallions thinly sliced
- 2 fresh red Thai chiles thinly sliced

1. Combine brown sugar, vinegar, water, ginger coins, star anise and salt in a 6-quart slow cooker. Add beef and turn to coat. Scatter onion on top and sprinkle with pepper. Cover and cook until the beef is tender, about 6 hours on High or 8 hours on Low.
2. With a slotted spoon, transfer the beef and onion to a large bowl; discard the star anise and ginger coins. Shred the beef coarsely, discarding any fat as you go. Skim the fat from the cooking liquid, if desired. Return the beef to the cooking liquid. Serve topped with julienned ginger, cilantro, scallions and chiles.

SERVES 8: ⅔ cup each
Cal 260 Fat 6g (sat 2g) Chol 89mg Carbs 19g Total sugars 15g (added 14g) Protein 30g Fiber 1g Sodium 624mg Potassium 371mg.

Black-Vinegar-Braised Beef

Scan with your phone s camera for more load-&-go slow-cooker recipes.

Chile-Spiced Pork Tacos with Cucumber-Mango Salsa

Lemon Chicken-and-Egg Soup

ACTIVE: 30 min **TOTAL:** 4¾ hrs *or* 6¾ hrs
EQUIPMENT: 6-qt. slow cooker

Taking inspiration from egg drop this soup is enriched by drizzling in eggs whisked with fragrant sesame oil at the end of the cooking time. If it s still sweet corn season in your neck of the woods by all means use it—you ll need kernels from 3 to 4 ears. Add it in Step 3 when you return the shredded chicken to the soup to heat through just before serving.

- **2½ pounds bone-in, skin-on chicken breasts**
- **6 cups low-sodium chicken broth**
- **3 cups frozen corn kernels**
- **4 ¼-inch-thick coins fresh ginger**
- **2½ tablespoons reduced-sodium tamari *or* soy sauce**
- **2 large eggs**
- **1 teaspoon cornstarch**
- **½ teaspoon toasted sesame oil, plus more for serving**
- **⅛ teaspoon salt**
- **6 tablespoons lemon juice**
- **¼ cup fresh cilantro leaves**
- **1 tablespoon toasted sesame seeds**

1. Put chicken in a 6-quart slow cooker and add broth, corn, ginger and tamari (or soy sauce). Cover and cook until the chicken reaches an internal temperature of 165°F, about 4 hours on High or 6 hours on Low.
2. Set the cooker to High, if it isn't already. Discard the ginger. Transfer the chicken to a bowl. Put the lid back on so the broth comes to a gentle simmer at the edges. Remove and discard the chicken skin and bones; shred the chicken.
3. Whisk eggs, cornstarch, sesame oil and salt in a glass measuring cup. Gradually drizzle the mixture into the very hot soup, stirring gently with a fork; the mixture will form fine strands as it cooks. Return the chicken to the soup, cover and cook for 15 minutes. Stir in lemon juice.
4. Top the soup with cilantro, sesame seeds and a few drops of sesame oil, if desired.
SERVES 8: 1½ cups each
Cal 232 **Fat** 6g (sat 1g) **Chol** 114mg **Carbs** 17g **Total sugars** 6g (added 0g) **Protein** 28g **Fiber** 2g **Sodium** 372mg **Potassium** 626mg.

LIANA KRISSOFF *is the author of six cookbooks, including* Slow Cook Modern, Whole Grains for a New Generation *and* Vegetarian for a New Generation. *She lives in Pennsylvania.*

Chile-Spiced Pork Tacos with Cucumber-Mango Salsa

ACTIVE: 50 min **TOTAL:** 6 hrs 50 min *or* 8 hrs 50 min
TO MAKE AHEAD: Refrigerate pork (Step 1) for up to 3 days. Refrigerate salsa (Step 2) for up to 8 hours.
EQUIPMENT: 6-qt. slow cooker

Feel free to use just one type of chile powder in this dish but we find that the combo of ancho and chipotle delivers the most nuanced flavor. The chipotle (dried smoked jalapeño peppers) adds fire while the anchos (dried poblanos) lend a fruity more moderate heat.

PORK

- **2 teaspoons onion powder**
- **1½ teaspoons ground cumin**
- **1 teaspoon dried oregano**
- **1 teaspoon paprika**
- **1 teaspoon ancho chile powder**
- **½ teaspoon chipotle chile powder**
- **½ teaspoon garlic powder**
- **1½ teaspoons salt**
- **3 pounds boneless pork shoulder, trimmed and cut into 1- to 2-inch pieces**
- **½ cup low-sodium chicken broth**

SALSA

- **1 medium mango, diced**
- **½ English cucumber, diced**
- **½ cup finely diced red onion**
- **3 tablespoons minced fresh cilantro**
- **1-2 serrano peppers, seeded and minced**
- **2 tablespoons orange juice**
- **1 tablespoon red-wine vinegar**
- **1 teaspoon honey**
- **½ teaspoon salt**
- **16 corn tortillas, warmed**
- **Lime wedges for serving**

1. To prepare pork: Combine onion powder, cumin, oregano, paprika, ancho and chipotle chile powders, garlic powder and 1½ teaspoons salt in a small bowl. Place pork in a 6-quart slow cooker. Reserve 1 teaspoon of the spice mixture for Step 3; toss the pork with the remaining spice mixture. Pour broth around the pork so it doesn't wash off the spices. Cover and cook until the pork is very tender, about 6 hours on High or 8 hours on Low.
2. To prepare salsa: About 30 minutes before serving, combine mango, cucumber, onion, cilantro, serrano to taste, orange juice, vinegar, honey and salt in a medium bowl. Toss and let stand at room temperature until ready to serve.
3. Use a slotted spoon to transfer the pork to a bowl. Shred into coarse chunks with two forks. Add the reserved 1 teaspoon spice mixture and ½ cup of the cooking liquid (discard the remaining cooking liquid); toss to combine. Serve with tortillas, the salsa and lime wedges, if desired.
SERVES 8: 2 tacos each
Cal 381 **Fat** 12g (sat 4g) **Chol** 97mg **Carbs** 37g **Total sugars** 6g (added 1g) **Protein** 33g **Fiber** 4g **Sodium** 730mg **Potassium** 616mg.

STYLING: DAN BECKER (FOOD) GLENN JENKINS (PROPS)

A.M. PREP

Divide & Conquer

Split meal prep between morning and evening...

...and your dinners will get a serious upgrade!

P.M. COOK

Like a lot of families, my husband and I work different hours, and when I leave the house in the afternoon, it's often up to him to figure out what to make for dinner. But since he also juggles homework help and after-school activities—and I'm the trained chef—that didn't seem fair. That's where the concept of the "tag-team dinner" comes in: I prep some components of the meal in the morning, and he finishes it when he gets home. Take, for instance, the Balsamic Steak with Brussels Sprout Slaw & Mustard Mashed Potatoes *(page 73)*. I marinate the meat, make the slaw and get the potatoes ready to cook. Then all he needs to do is broil the steak, jazz up the slaw with some fresh figs and toasted nuts and make the mashed potatoes. A typical weeknight dinner? Not exactly! But eating a little fancier becomes possible when we divvy up the work. I'll leave it to you to figure out who does the dishes.

By Jennifer Kushnier • Photography by Ted & Chelsea Cavanaugh

Chicken Francese with Corn & Green Bean Salad

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate green bean mixture, tomato mixture and dressing (Steps 1-3) separately for up to 1 day.

Anyone who regularly uses the "standard breading procedure" of flour, egg and breadcrumbs may wonder—where are the breadcrumbs?! Yep, we skipped them, putting the chicken in the pan after dipping it in the egg. Crazy, but trust us, the results are crispy and delicious.

A.M. PREP **ACTIVE:** 20 min **TOTAL:** 20 min

- **1 pound green beans, trimmed and halved**
- **2 ears corn, husked, kernels cut from cobs**
- **1½ cups cherry tomatoes, halved**
- **½ small shallot, thinly sliced**
- **1½ tablespoons white-wine vinegar**
- **½ teaspoon dry mustard**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **¼ cup safflower *or* grapeseed oil**

1. Bring a large saucepan of water to a boil. Add green beans and cook until bright green, about 3 minutes. Add corn kernels and cook for 1 minute more. Drain. Transfer to a medium bowl and let cool. Cover and refrigerate for up to 1 day.
2. Combine tomatoes and shallot in a small bowl. Cover and refrigerate for up to 1 day.
3. Combine vinegar, dry mustard and ¼ teaspoon each salt and pepper in a small jar. Cover and shake until the mustard is dissolved. Add ¼ cup oil, cover and shake until emulsified. Refrigerate for up to 1 day.

P.M. COOK **ACTIVE:** 20 min **TOTAL:** 20 min

- **1 teaspoon finely chopped fresh summer savory** *(see Tip page 100)* ***or* thyme, plus more for garnish**
- **⅓ cup all-purpose flour**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 tablespoon butter**
- **1 lemon**
- **1 large egg, lightly beaten**
- **2 tablespoons safflower *or* grapeseed oil, divided**
- **4 chicken cutlets (about 1 pound;** *see Tip page 100)*
- **½ cup dry white wine**
- **½ cup low-sodium chicken broth**

4. Add the reserved tomato mixture to the green bean mixture. Add savory (or thyme) to the reserved dressing. Cover, shake well and pour over the salad. Toss well to combine; set aside.
5. Combine flour, salt and pepper on a plate. Roll butter in the flour and set aside. Zest lemon and whisk the zest with egg in a shallow dish. Halve the lemon. Juice 1 half and thinly slice the other. Set aside.
6. Heat 1 tablespoon oil in a large skillet over medium-high heat. Dredge chicken in the flour, then the egg, allowing excess to drip off. Add half the chicken to the pan and cook until golden on both sides and an instant-read thermometer inserted in the thickest part registers 165°F, 2 to 3 minutes per side. Transfer to a clean plate. Repeat with the remaining 1 tablespoon oil and chicken, adjusting heat as necessary to prevent burning. Transfer to the plate.
7. Reduce heat to medium. Stir in wine, broth and the lemon juice, scraping up any browned bits. Cook until reduced slightly, about 2 minutes. Add the butter and cook, stirring, until melted. Return the chicken to the pan. Cook until heated through and the sauce thickens, 2 to 3 minutes more.
8. Serve the chicken and sauce with the salad. Top with the lemon slices and garnish with more savory (or thyme), if desired.

SERVES 4: 3 oz. chicken, 1½ cups salad & 1 Tbsp. sauce each
Cal 496 **Fat** 29g (sat 5g) **Chol** 137mg **Carbs** 24g **Total sugars** 9g (added 0g) **Protein** 33g **Fiber** 5g **Sodium** 600mg **Potassium** 995mg.

Nutrition Upgrade

Not only are those caramelized onions delicious they re packed with quercetin an antioxidant linked with a reduced risk of heart disease.

Cheesy Smothered Pork Chops with Garlicky Mushrooms & Kale

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate onions, prepped kale and garlic (Steps 1-2) separately for up to 1 day.

Fans of French onion soup will love sinking their teeth into these smothered pork chops. Served with a mess of garlicky veggies this is a week-night winner.

A.M. PREP **ACTIVE:** 20 min **TOTAL:** 20 min

- **1 tablespoon butter**
- **1 tablespoon extra-virgin olive oil**
- **3 medium yellow onions, halved lengthwise and sliced crosswise**
- **2 sprigs fresh thyme**
- **2 tablespoons water**
- **¼ teaspoon salt**
- **⅛ teaspoon ground pepper**
- **⅛ teaspoon baking soda**
- **¼ cup dry red wine**
- **½ cup low-sodium beef broth**
- **1 bunch kale**
- **2 cloves garlic**

1. Heat butter and oil in a large skillet over medium-high heat. Add onions and thyme and cook, stirring occasionally, until very brown, about 10 minutes. Reduce heat to medium. Add water, ¼ teaspoon salt, pepper and baking soda, scraping the bottom of the pan. Cook until the onions are deep golden brown and very soft, 2 to 3 minutes. Add wine, scraping up browned bits, and cook until nearly evaporated, about 1 minute. Stir in broth. Discard the thyme sprigs and transfer the onions to a medium bowl. Cover and refrigerate for up to 1 day.
2. Remove stems from kale and coarsely chop the leaves. Finely chop garlic. Cover and refrigerate separately for up to 1 day.

P.M. COOK **ACTIVE:** 25 min **TOTAL:** 25 min

- **2 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon unsalted butter**
- **8 ounces sliced cremini mushrooms**
- **Juice of ½ lemon**
- **½ teaspoon salt**
- **½ cup seasoned whole-wheat breadcrumbs**
- **4 boneless center-cut pork chops (about 1 pound, ½ inch thick), trimmed**
- **1 cup shredded Gruyère cheese**

3. Position rack in upper third of oven; preheat broiler to high.
4. Heat 1 tablespoon oil and butter in a large broiler-safe skillet over medium-high heat. Add mushrooms and cook, without stirring, until golden, about 5 minutes. Stir and continue cooking until browned, 3 to 4 minutes more. Stir in the reserved garlic. Rinse the kale and add to the pan, mounding it on top of the mushrooms. Cook, turning with tongs, until the kale is wilted and bright green, 2 to 3 minutes. Sprinkle with lemon juice and salt. Toss until combined. Transfer to a medium bowl, cover and keep warm. Wipe out the pan.
5. Add the remaining 1 tablespoon oil to the pan and heat over medium-high heat. Spread breadcrumbs on a plate and press both sides of pork chops into them. Add the pork chops to the pan and cook, flipping once, until golden brown, 3 to 4 minutes per side. Transfer to a clean plate. Add the reserved onions to the pan and cook, stirring, to heat through, about 30 seconds. Nestle the pork chops into the onions and sprinkle with Gruyère.
6. Place the pan under the broiler and cook until the cheese is melted and golden and an instant-read thermometer inserted in the thickest part of a chop registers 140°F, 2 to 3 minutes. Serve the pork chops with the kale and mushrooms.

SERVES 4: 3 oz. pork, ¾ cup onions & ½ cup kale & mushrooms each

Cal 440 **Fat** 27g (sat 9g) **Chol** 88mg **Carbs** 20g **Total sugars** 6g (added 0g) **Protein** 28g **Fiber** 4g **Sodium** 647mg **Potassium** 808mg.

Ratatouille-Stuffed Peppers with Arugula-Farro Salad

ACTIVE: 40 min TOTAL: 1 hr 10 min
TO MAKE AHEAD: Refrigerate cooked farro, bell peppers and ratatouille (Steps 1-5) separately for up to 2 days.

This vegetable-packed dinner features the heat-loving produce that thrives before the cooler nights of fall set in.

A.M. PREP ACTIVE: 25 min TOTAL: 25 min

- 3 cups water
- 1 cup farro
- 4 large bell peppers
- ¾ teaspoon salt divided
- ¼ teaspoon ground pepper divided
- 2 tablespoons extra-virgin olive oil plus 1 teaspoon divided
- 1 small eggplant diced
- 1 medium zucchini diced
- 1 large tomato diced
- ½ small yellow onion finely diced
- ½ teaspoon fresh thyme leaves
- 2 cloves garlic minced
- 1 tablespoon chopped fresh marjoram

1. Bring water to a boil in a small saucepan over medium-high heat. Add farro and reduce heat to maintain a simmer. Cover and cook until tender, about 25 minutes. Remove from heat, drain and transfer to a medium bowl; let cool to room temperature.

2. Meanwhile, slice tops off bell peppers and remove the seeds. Chop the tops (discard the stems) and set aside. Place the peppers in an 8-inch-square microwave-safe baking dish. (If they don't stand upright, trim a thin slice off the bottom, without cutting through.) Add 1 tablespoon water to the dish and microwave on High for 5 minutes. Season with ¼ teaspoon salt and ⅛ teaspoon pepper. Cover with foil and set aside.

3. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add eggplant and cook, stirring frequently, until lightly browned in spots, 5 to 7 minutes. Transfer to a large bowl.

4. Reduce heat to medium and add the remaining 1 teaspoon oil to the pan. Add zucchini and the reserved chopped bell pepper and cook until browned in spots, 5 to 6 minutes. Transfer to the bowl.

5. Add tomato, onion, thyme and the remaining ½ teaspoon salt and ⅛ teaspoon pepper to the pan; cook, scraping the bottom of the pan, until the onion is tender and the tomato has broken down, about 4 minutes. Add garlic and marjoram and cook for 1 minute more. Transfer to the bowl and let cool for 10 minutes. Cover the farro and filling and refrigerate along with the peppers for up to 2 days.

P.M. COOK ACTIVE: 15 min TOTAL: 45 min

- 1 15-ounce can low-sodium cannellini beans rinsed
- 1 cup shredded fontina cheese divided
- ½ cup fresh basil leaves sliced divided plus more for garnish
- 3 tablespoons red-wine vinegar
- 1 teaspoon Dijon mustard
- 4 tablespoons extra-virgin olive oil
- 2 cups baby arugula

6. Preheat oven to 375°F.

7. Stir beans, ½ cup cheese and ¼ cup basil into the vegetable filling. Spoon about 1 cup of the mixture into each pepper, mounding as needed. Spoon any remaining filling around the peppers. Cover the pan with foil.

8. Bake until the peppers are tender, about 30 minutes. Remove foil and sprinkle them with the remaining ½ cup cheese. Bake until the cheese is melted, 10 to 15 minutes more.

9. Meanwhile, whisk vinegar and mustard in a large bowl. Slowly drizzle in oil while continuing to whisk. Add the remaining ¼ cup basil, arugula and the reserved farro; toss to combine. Garnish the peppers with more basil, if desired, and serve with the farro salad.

SERVES 4: 1 stuffed pepper & 1 cup salad each
Cal 651 Fat 33g (sat 8g) Chol 31mg Carbs 68g Total sugars 13g (added 0g) Protein 22g Fiber 16g Sodium 760mg Potassium 1,046mg.

Nutrition Upgrade

Chewy nutty farro provides 5 of the whopping 16 grams of fiber per serving in this meal.

Balsamic Steak with Brussels Sprout Slaw & Mustard Mashed Potatoes

ACTIVE: 35 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Marinate steak and refrigerate slaw (Steps 1-2) for up to 1 day.

Brussels sprouts are available already shredded in many supermarkets but if you want to DIY use your sharpest knife a mandoline or pass them through the feed tube of a food processor fitted with the slicing attachment.

A.M. PREP **ACTIVE:** 15 min **TOTAL:** 15 min

- **4 tablespoons balsamic vinegar, divided**
- **1 teaspoon extra-virgin olive oil plus 3 tablespoons, divided**
- **1 clove garlic, smashed**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 pound strip, flank *or* top sirloin steak (¾ inch thick)**
- **1 tablespoon pure maple syrup**
- **½ teaspoon Dijon mustard**
- **6 cups shredded Brussels sprouts (from 1 pound whole)**
- **1 pound new potatoes or small yellow potatoes, scrubbed and halved or quartered, depending on size**

1. Combine 2 tablespoons vinegar, 1 teaspoon oil, garlic and ¼ teaspoon each salt and pepper in a sealable plastic bag. Add steak, seal the bag and shake to coat. Place in a dish and refrigerate for up to 1 day.
2. Whisk the remaining 2 tablespoons vinegar, maple syrup, Dijon mustard and the remaining ¼ teaspoon each salt and pepper in a large bowl. Whisk in the remaining 3 tablespoons oil. Add Brussels sprouts and toss to coat. Cover and refrigerate for up to 1 day.
3. Place potatoes in a medium saucepan. Add water to cover by 1 inch and set beside the stove for later.

P.M. COOK **ACTIVE:** 20 min **TOTAL:** 1 hr

- **⅓ cup buttermilk**
- **1½ teaspoons whole-grain mustard**
- **½ teaspoon Dijon mustard**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 tablespoons chopped chives, divided**
- **6-8 ounces fresh figs, stemmed and quartered**
- **⅓ cup chopped hazelnuts, toasted**

4. Let the steak stand at room temperature for 30 minutes. Line a baking sheet with foil.
5. Meanwhile, bring the potatoes to a boil, cover and cook until tender, about 12 minutes. Drain, return to the pan and cover to keep warm.
6. Position rack in upper third of oven; preheat broiler to high.
7. Remove the steak from the marinade (discard the marinade) and place on the prepared pan. Broil, flipping once, about 8 minutes for medium-rare (135°F). Transfer the steak to a clean cutting board and let rest for 10 minutes.
8. While the steak rests, mash the potatoes with buttermilk, whole-grain mustard, Dijon mustard, salt and pepper. Stir in 2 tablespoons chives.
9. Add figs, hazelnuts and the remaining 2 tablespoons chives to the reserved Brussels sprouts. Gently toss to combine.
10. Slice the steak against the grain and serve with the slaw and potatoes.

SERVES 4: 3 oz. steak, 1½ cups slaw & ½ cup potatoes each

Cal 385 **Fat** 12g (sat 3g) **Chol** 62mg **Carbs** 41g **Total sugars** 15g (added 3g) **Protein** 30g **Fiber** 8g **Sodium** 647mg **Potassium** 1,396mg.

Scan with your phone s camera for our editors favorite food-storage containers.

Dinner is a lot more manageable—and delicious—when you divvy up the work.

Baked Halibut & Fennel Packets with Chickpea Salad

ACTIVE: 35 min **TOTAL:** 45 min
TO MAKE AHEAD: Refrigerate packets (Steps 1-2) for up to 1 day.
EQUIPMENT: Parchment paper

These cute little parcels are easy to assemble and even easier to clean up. The herbed chickpea salad is a delicious way to use an abundance of basil and parsley—and makes for a light lunch on its own. Haddock or barramundi are good substitutes for the halibut.

A.M. PREP **ACTIVE:** 20 min **TOTAL:** 20 min

1 medium bulb fennel, halved, cored and very thinly sliced
½ small shallot, sliced
¼ cup pitted Kalamata olives, halved
1¼ pounds halibut fillet, cut into 4 portions
¼ teaspoon salt
¼ teaspoon ground pepper
1 lemon, cut into 4 slices
½ cup dry white wine

1. Cut four 15-inch squares of parchment paper and fold each in half. Unfold, then on one side of the fold line, mound ¼ of the fennel, ¼ of the shallot and 1 tablespoon olives. Set 1 piece of fish on top and sprinkle with a pinch each of salt and pepper. Lightly squeeze 1 slice of lemon over the fish, then lay it on top. Drizzle 2 tablespoons wine around the vegetables.
2. Fold the free side of the parchment over the fish and, starting at the top, fold over and pleat the parchment along the open edge all the way to the bottom, creating a sealed packet. Set on a baking sheet. Repeat to make 4 total packets. Refrigerate for up to 1 day.

P.M. COOK **ACTIVE:** 15 min **TOTAL:** 25 min

1 15-ounce can no-salt-added chickpeas, rinsed
½ cup fresh basil leaves, coarsely chopped
½ cup fresh parsley leaves with tender stems, coarsely chopped
1 clove garlic, minced
1 tablespoon lemon juice
1 tablespoon extra-virgin olive oil
¼ teaspoon salt
Ground pepper to taste
⅓ cup grated Parmesan cheese

3. Preheat oven to 425°F.
4. Combine chickpeas, basil, parsley, garlic, lemon juice, oil, salt and pepper in a medium bowl; toss to mix well. Stir in cheese.
5. Bake the fish packets until they are puffed, 11 to 12 minutes. Let stand for 2 to 3 minutes. Set the packets on individual plates and open them carefully at the table. (Caution: The escaping steam will be hot.) Serve with the chickpea salad.

SERVES 4: 4 oz. fish, 1 cup vegetables & ½ cup salad each
Cal 352 **Fat** 11g (sat 2g) **Chol** 75mg **Carbs** 22g **Total sugars** 3g (added 0g) **Protein** 34g **Fiber** 5g **Sodium** 731mg **Potassium** 1,069mg.

Grilled Chicken Thighs with Pickled Peaches & Herbed Couscous

ACTIVE: 50 min **TOTAL:** 50 min
TO MAKE AHEAD: Refrigerate pickled peaches (Step 1) for up to 1 week. Refrigerate sauce and marinate chicken (Steps 2-3) for up to 1 day.
EQUIPMENT: 4 metal or bamboo skewers

This recipe is super-versatile—just about any green that's hanging out in your crisper can be whirred into the garlicky sauce and you can swap plums for the peaches and quinoa for the couscous. (Photo: page 69.)

A.M. PREP **ACTIVE:** 30 min **TOTAL:** 30 min

¾ cup distilled white vinegar
¾ cup water
½ cup sugar
2 whole cardamom pods
2 whole cloves
1 cinnamon stick
1 ½-inch piece fresh ginger, peeled
3 firm peaches, peeled, pitted and cut into quarters or eighths
½ small red onion, thinly sliced
2 cloves garlic, peeled
4 cups mixed leafy greens, such as spinach, lettuce, scallion tops *and/or* tender herbs
⅓ cup extra-virgin olive oil
2 tablespoons red-wine vinegar
½ teaspoon crushed red pepper
½ teaspoon salt
4 boneless, skinless chicken thighs, trimmed (about 1 pound)

1. Combine white vinegar, water, sugar, cardamom, cloves, cinnamon stick and ginger in a small saucepan. Bring to a boil over high heat. Cook, stirring occasionally, until the sugar is dissolved. Place peaches and onion in a wide-mouth mason jar or large nonreactive bowl. Pour the vinegar mixture over them. (Make sure the peaches and onion are completely submerged.) Let cool to room temperature. Cover and refrigerate for up to 1 week.
2. Pulse garlic in a food processor until chopped. Add greens and pulse until chopped. Add oil, red-wine vinegar, crushed red pepper and salt; pulse until combined but not pureed. Divide the sauce into three ⅓-cup portions. Cover and refrigerate 2 portions of the sauce for up to 1 day.
3. Thread chicken onto 4 skewers. Baste both sides with the third portion of sauce. Set in a baking dish or on a plate. Cover and refrigerate for up to 1 day.

P.M. COOK **ACTIVE:** 20 min **TOTAL:** 20 min

⅔ cup water
½ cup whole-wheat couscous
4 teaspoons pine nuts, toasted

4. Preheat grill to medium-high.
5. Bring water to a boil in a small saucepan. Stir in couscous and return to a simmer. Cover and remove from heat.
6. Oil the grill rack. Turn off one burner. Grill the chicken over direct heat until it is marked and releases easily, 4 to 5 minutes. Flip the chicken and baste with ⅓ cup of the reserved sauce. Grill until it releases easily, 4 to 5 minutes more. Move the chicken to indirect heat and cook until an instant-read thermometer inserted in the thickest part registers 165°F, 5 to 7 minutes more.
7. Fluff the couscous with a fork and stir in the remaining ⅓ cup sauce and pine nuts. Serve the chicken with the couscous and pickles.

SERVES 4: 3 oz. chicken, ½ cup couscous & ¾ cup pickles each
Cal 492 **Fat** 28g (sat 5g) **Chol** 104mg **Carbs** 37g **Total sugars** 13g (added 3g) **Protein** 26g **Fiber** 7g **Sodium** 420mg **Potassium** 475mg.

JENNIFER KUSHNIER *is a food writer, editor and recipe developer. She lives in Pennsylvania with her family.*

STYLING: NORA SINGLEY (FOOD) MAEVE SHERIDAN (PROPS)

Pot-lucks for Plan-ners

1. To start, pick a menu and decide which elements you will provide.

2. Make a list of all the components you'd like other people to bring. Include any relevant recipe links.

3. Send out a sign-up sheet via Google Sheets or *SignUpGenius.com* so guests can choose which elements they'll contribute.

Recipes by the EatingWell Test Kitchen

Photography by **Eric Wolfinger**
Styling by Nora Singley

Leave the mishmash of casserole dishes and the tables full of identical salads to the amateurs. With this method, you keep all the laid-back easy entertaining vibes without any of the guesswork. The concept is simple: Pick a menu theme, plan to provide a few of the elements, then have your guests bring the rest (and maybe dessert too!). These plans for a niçoise salad spread, ramen night and a loaded baked potato bar let you take off your apron and put on your party shoes.

4.

When everyone arrives, assemble all the contributions into a buffet and let each guest build their own meal.

Scan with your phone s camera for this menu with recipe links.

Niçoise Salad Spread

A mix of vibrant fresh ingredients and savory cooked toppings makes for seriously satisfying salads.

RECIPES BY ADAM DOLGE

THE RECIPES

Parmesan Vinaigrette
Olive Tapenade
Marinated Mushrooms
Garlic-Herb Chicken Cutlets
Garlic-Herb Tuna

16 cups mixed lettuces
1 lb. steamed new potatoes
12 oz. steamed green beans
1 pint cherry tomatoes
8 hard-boiled eggs

Parmesan Vinaigrette

ACTIVE: 10 min TOTAL: 10 min
TO MAKE AHEAD: Refrigerate for up to 4 days. Bring to room temperature before serving.

This simple dressing is perfectly balanced thanks to zip from lemon juice and mustard umami from Parmesan cheese and fresh flair from chives. Break out the good olive oil for the most flavor.

Whisk ½ cup each **lemon juice** minced **shallot** and grated **Parmesan cheese** 2 Tbsp. minced **fresh chives** 4 tsp. **Dijon mustard** and ½ tsp. each **salt** and **ground pepper** in a medium bowl. Slowly whisk in 1 cup **extra-virgin olive oil.**

SERVES 16: 2 Tbsp. each
Cal 143 **Fat** 15g (sat 2g) **Chol** 2mg **Carbs** 2g **Total sugars** 0g (added 0g) **Protein** 1g **Fiber** 0g **Sodium** 148mg **Potassium** 34mg.

Olive Tapenade

ACTIVE: 10 min TOTAL: 10 min
TO MAKE AHEAD: Refrigerate for up to 1 week. Bring to room temperature before serving.

Head to the olive bar at your grocery store to get a mix of brined and oil-cured olives for more complex flavor. Moroccan (Beldi) Kalamata Niçoise and Castelvetrano make a nice combo.

Finely chop 1 cup **mixed pitted olives** ¼ cup rinsed **roasted red peppers** 1 clove **garlic** and ½ tsp. **anchovy paste** together on a cutting board. Transfer to a medium bowl and stir in 2 Tbsp. **extra-virgin olive oil** 1 Tbsp. **lemon juice** and ¼ tsp. **ground pepper.**

SERVES 8: 2 Tbsp. each
Cal 81 **Fat** 7g (sat 1g) **Chol** 1mg **Carbs** 3g **Total sugars** 0g (added 0g) **Protein** 1g **Fiber** 0g **Sodium** 297mg **Potassium** 4mg.

Marinated Mushrooms

ACTIVE: 25 min TOTAL: 25 min
TO MAKE AHEAD: Refrigerate for up to 4 days. Bring to room temperature before serving.

You may be tempted to throw all of the mushrooms in the pan at once but cooking them in batches allows them to brown (not steam) and develop more flavor.

- 6 tablespoons extra-virgin olive oil divided
- 1 pound cremini mushrooms quartered divided
- 2 cloves garlic thinly sliced divided
- 2 tablespoons red-wine vinegar divided
- 1 teaspoon dried oregano divided
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon crushed red pepper

1. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add half the mushrooms and cook, stirring occasionally, until tender and lightly browned, 6 to 8 minutes. Add half the garlic, 1 tablespoon vinegar and ½ teaspoon oregano and cook, scraping up any browned bits, until the garlic is fragrant, 30 to 60 seconds. Transfer to a medium bowl. Add 2 tablespoons oil to the pan and repeat with the remaining mushrooms, garlic, 1 tablespoon vinegar and ½ teaspoon oregano. Transfer to the bowl.
2. Add the remaining 2 tablespoons oil, salt, pepper and crushed red pepper to the bowl and toss to coat

SERVES 8: ¼ cup each
Cal 109 **Fat** 11g (sat 1g) **Chol** 0mg **Carbs** 3g **Total sugars** 1g (added 0g) **Protein** 1g **Fiber** 0g **Sodium** 149mg **Potassium** 262mg.

Garlic-Herb Chicken Cutlets & Garlic-Herb Tuna

ACTIVE: 30 min TOTAL: 45 min

Here we marinate the chicken and tuna in reverse: they rest in a white-wine pan sauce after cooking to more deeply infuse the meat with juicy tangy flavor.

- 1 pound chicken cutlets *(see page 100)*
- 1 pound tuna steak (1¼-1½ inches thick)
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 3 tablespoons extra-virgin olive oil divided
- 2 cloves garlic thinly sliced
- ¼ cup dry white wine
- 1 tablespoon butter
- 1 lemon sliced plus wedges for serving

1. Pat chicken and tuna dry with paper towels. Sprinkle with oregano, thyme, salt and pepper. Heat 1½ tablespoons oil in a large nonstick skillet over medium heat. Add the chicken; cook, flipping once, until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 6 to 8 minutes. Transfer to a plate.
2. Heat the remaining 1½ tablespoons oil in the pan. Add the tuna; cook, flipping once, until browned and an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare, 6 to 8 minutes. Transfer to a plate.
3. Add garlic and wine to the pan; cook, stirring, for 1 minute. Stir in butter and cook until melted. Spoon the butter mixture over the chicken and tuna and top with lemon slices. Let stand at room temperature for 15 minutes. Thinly slice the chicken and tuna against the grain and serve with lemon wedges.

SERVES 8: 1½ oz. chicken each
Cal 102 **Fat** 5g (sat 1g) **Chol** 43mg **Carbs** 0g **Total sugars** 0g (added 0g) **Protein** 13g **Fiber** 0g **Sodium** 171mg **Potassium** 197mg.

SERVES 8: 1½ oz. tuna each
Cal 96 **Fat** 4g (sat 1g) **Chol** 24mg **Carbs** 0g **Total sugars** 0g (added 0g) **Protein** 14g **Fiber** 0g **Sodium** 171mg **Potassium** 257mg.

Ramen Night

A build-your-own-ramen concept is endlessly versatile especially if you have guests who eat plant-based.

RECIPES BY
BREANA KILLEEN

THE RECIPES

Vegan Ramen Broth

Spicy Shoyu-Miso Tare

Scallion-Ginger Sauce

Five-Spice Duck Breasts

THE ADD-ONS

1 lb. dried ramen noodles, cooked

8 cups roasted cauliflower *and/or* broccolini

1 lb. seasoned baked tofu

16-oz. jar kimchi

7-oz. jar fried shallots

8 soft-boiled eggs

Vegan Ramen Broth

ACTIVE: 20 min TOTAL: 12 hrs
(including overnight refrigeration)
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.
This vegan broth gets its depth from seaweed mushrooms and charred onion garlic and ginger.

- 1 medium yellow onion unpeeled halved
- 1 large shallot unpeeled halved
- 1 head garlic cloves separated unpeeled
- 2 ounces fresh ginger
- 4 leaves green cabbage
- 1 medium carrot cut into 2-inch pieces
- 6 scallions cut into 2-inch pieces
- 2 pieces kombu (¼ ounce)
- 1 ounce dried shiitake mushrooms
- 12 cups water

1. Cook onion, shallot, garlic cloves and ginger in a large cast-iron pan over high heat, turning occasionally, until the vegetables are lightly charred on all sides, 8 to 10 minutes. Transfer the vegetables to a large pot and add cabbage, carrot, scallions, kombu, mushrooms and water. Cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook, covered, for 1 hour.
2. Remove from heat, uncover and let stand, stirring occasionally, until the pot is cool to the touch, about 1½ hours. Refrigerate overnight.
3. Using tongs and a slotted spoon, remove most of the solids from the broth. Strain the remaining broth into a large saucepan. Bring to a simmer and serve hot.

SERVES 8: 1 cup each
Cal 5 Fat 0g (sat 0g) Chol 0mg Carbs 1g Total sugars 0g (added 0g) Protein 0g Fiber 0g Sodium 6mg Potassium 29mg.

Spicy Shoyu-Miso Tare

ACTIVE: 5 min TOTAL: 5 min
TO MAKE AHEAD: Refrigerate for up to 2 months.
Tare (pronounced TAH-REH*) is the concentrated flavor base for ramen. In addition to adding saltiness this version adds a touch of sweetness from the mirin umami from the miso and spiciness from the Sriracha. Add the tare to the bottom of your bowl then stir in hot broth.*

Whisk ¼ cup reduced-sodium tamari (or soy sauce), 2 Tbsp. each mirin sake and white miso and 1 Tbsp. Sriracha in a small bowl until smooth.

MAKES: ⅔ cup (2 tsp. per serving)
Cal 16 Fat 0g (sat 0g) Chol 0mg Carbs 2g Total sugars 1g (added 1g) Protein 1g Fiber 0g Sodium 260mg Potassium 4mg.

Scallion-Ginger Sauce

ACTIVE: 10 min TOTAL: 25 min
TO MAKE AHEAD: Refrigerate for up to 5 days.
This sauce is traditionally served with Cantonese salt-baked chicken but it s also a delicious condiment for everything from steamed fish to these ramen bowls.

Combine 4 sliced scallions 1½ Tbsp. minced fresh ginger ½ tsp. salt and a pinch of crushed red pepper in a heatproof medium bowl. Set next to the stove. Heat ¼ cup grapeseed oil (or canola oil) in small saucepan over medium heat until it shimmers, about 1 minute. Carefully pour over the scallion mixture. Stir to submerge the scallions and ginger in the oil. Let stand for 15 minutes before serving.

MAKES: ½ cup (1 tsp. per serving)
Cal 21 Fat 2g (sat 0g) Chol 0mg Carbs 0g Total sugars 0g (added 0g) Protein 0g Fiber 0g Sodium 49mg Potassium 9mg.

Five-Spice Duck Breasts

ACTIVE: 30 min TOTAL: 1½ hrs
TO MAKE AHEAD: Marinate duck (Step 1) overnight.
Inspired by the flavors of Peking duck here marinated duck breasts get lacquered with a soy-honey glaze before slicing.

- 1 tablespoon reduced-sodium soy sauce plus 1 teaspoon divided
- 1 tablespoon Shaoxing rice wine
- ¾ teaspoon five-spice powder
- ½ teaspoon grated fresh ginger
- 2½ pounds boneless duck breasts
- 1 tablespoon honey
- ½ teaspoon salt
- 1½ teaspoons hoisin sauce
- 1½ teaspoons plum sauce

1. Combine 1 tablespoon soy sauce, rice wine, five-spice powder and ginger in a small bowl. Pat duck dry and trim the skin from the sides, leaving skin (and fat) just on top. Place the duck in a shallow glass baking dish and baste with the sauce mixture. Cover and refrigerate for at least 1 hour or overnight.
2. Preheat oven to 425°F. Combine the remaining 1 teaspoon soy sauce and honey in a small bowl and place next to the stove.
3. Using the tip of a sharp paring knife, score the duck skin in a crosshatch pattern *(see page 100)*. Sprinkle both sides of the duck with salt. Place, skin-side down, in a large cast-iron or ovenproof skillet over medium heat. Cook, undisturbed, until some of the fat is rendered and the skin is golden brown, about 8 minutes. Transfer the duck to a clean plate and carefully pour out the fat from the pan. Return the duck to the pan, skin-side up, and brush with the honey mixture. Transfer the pan to the oven.
4. Roast the duck until an instant-read thermometer registers 150°F, 10 to 15 minutes. Transfer to a clean cutting board. Combine hoisin and plum sauces; brush over the duck and let rest for 5 minutes before slicing.

SERVES 8: 3 oz. each
Cal 303 Fat 15g (sat 4g) Chol 193mg Carbs 4g Total sugars 2g (added 2g) Protein 35g Fiber 0g Sodium 376mg Potassium 11mg.

Scan with your phone s camera for this menu with recipe links.

Scan with your phone s camera for this menu with recipe links.

Stu ed Potato Bar

Load em up! Baked potatoes have a steakhouse-side feel but pile them high with pulled pork and other toppings and they become a satisfying meal.

RECIPES BY
DEVON O'BRIEN

THE RECIPES

Baked russet *and/or* sweet potatoes

Cheesy Broccoli

Pulled Pork with Carolina-Style BBQ Sauce

4 cups shredded Brussels sprouts

2 cups diced onion

2 cups shredded cheese

8-oz. container sour cream

1 bunch chopped chives

16-oz. jar corn relish

Baked Potatoes

Pierce 8 medium russet *and/or* sweet potatoes all over with a fork. Bake at 425°F until soft, about 45 minutes. Transfer to a cutting board and let cool slightly. Holding each potato with a kitchen towel to protect your hands, make a lengthwise cut to open it, but don't cut all the way through. Pinch the ends to expose the flesh.

Cheesy Broccoli

ACTIVE: 20 min TOTAL: 20 min

Broccoli smothered in a Cheddar sauce makes an ideal baked potato topping but we couldn t stop eating it as a side all on its own—so by all means.

- 12 cups broccoli florets (about 1½ pounds)
- 1 tablespoon butter
- 2 cloves garlic grated
- 2 tablespoons all-purpose flour
- 1½ cups low-fat milk
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1½ cups shredded sharp Cheddar cheese

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add broccoli, cover and steam until tender, 6 to 10 minutes. Drain.
2. Meanwhile, heat butter in a medium saucepan over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add flour and whisk until combined with the butter, about 30 seconds. Slowly whisk in milk, mustard, salt and pepper. Cook, whisking frequently, until thickened, 3 to 5 minutes.
3. Remove from heat and stir in cheese until smooth. Stir in the broccoli.

SERVES 8: ¾ cup each

Cal 157 Fat 9g (sat 5g) Chol 27mg Carbs 10g Total sugars 4g (added 0g) Protein 10g Fiber 3g Sodium 348mg Potassium 440mg.

Pulled Pork with Carolina-Style BBQ Sauce

ACTIVE: 30 min TOTAL: 2½ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days.

The pork s vinegar-based sauce brightens up earthy baked potatoes.

- 2 tablespoons brown sugar divided
- 1 tablespoon smoked paprika
- 1¼ teaspoons kosher salt divided
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ¾ teaspoon ground pepper divided
- 3 pounds pork shoulder trimmed and cut into 2- to 3-inch chunks
- ½ cup cider vinegar
- ½ teaspoon crushed red pepper

1. Preheat oven to 325°F.
2. Combine 1 tablespoon brown sugar, paprika, 1 teaspoon salt, chili powder, garlic powder and ½ teaspoon pepper in a small bowl. Rub the mixture all over pork and transfer to a roasting pan. Roast until the pork is very tender and an instant-read thermometer inserted in a thick chunk registers at least 180°F, 2 to 2½ hours.
3. Transfer the pork to a clean cutting board; let rest for 15 minutes. Shred the pork and transfer to a large bowl.
4. Meanwhile, combine vinegar and crushed red pepper with the remaining 1 tablespoon brown sugar and ¼ teaspoon each salt and pepper in a small saucepan. Bring to a boil over high heat, stirring frequently. Remove from heat. Add the sauce to the bowl and toss to coat the pork.

SERVES 8: 3 oz. each

Cal 250 Fat 13g (sat 5g) Chol 98mg Carbs 5g Total sugars 4g (added 3g) Protein 26g Fiber 1g Sodium 371mg Potassium 362mg.

Scan with your phone s
camera to watch this
photo come to life

THE Less SWEET LIFE

Looking to reduce the amount of sugar you eat? (Nearly three-quarters of Americans say they are.) We'll show you how to avoid sneaky sources in your diet, smart ways to cut back without giving it all up, and the many health benefits you stand to gain by curbing your sweet tooth.

By **RACHAEL MOELLER GORMAN**

Photography by **THE VOORHES** Food styling by **MICHELLE GATTON**

Human beings are primed to seek sweetness. To our ancient ancestors, a sugary taste meant safe, calorie-dense food that their bodies could store as fat for later on—when the honey was gone and fruit was out of season. (Bitter flavors, by contrast, indicated that a plant might be poisonous, and sour ones signaled precious calories had spoiled.) Throughout evolution, our taste buds have been our foodie guide, ushering us toward healthy calories and away from things that could be dangerous.

But sweet, plentiful calories are no longer rare, and our taste buds' helpful direction has become outdated. Added sugar has sneaked into all sorts of sweet *and* savory foods, from sandwich bread to frozen dinners. And we're eating a whole lot of it. Americans currently get 13% of their total daily calories from ingredients like table sugar, high-fructose corn syrup, honey and other added sweeteners. That's about 17 teaspoons worth, or 68 grams. (Natural sugars found in fruits, vegetables and dairy products are not considered added. Plus, these foods come with other nutrients that make them healthy. See "Sugar 101" on page 86.) The Dietary Guidelines for Americans recommend that we limit consumption of added sugars to less than 10% of the calories we eat each day, or about 12 teaspoons (48 grams) for a 2,000-calorie diet. But many experts say we should probably get even less to reduce our risk for health conditions linked

to excess sugar consumption, such as obesity, type 2 diabetes, cardiovascular disease and cavities. (Check out "The Debate over the Dietary Guidelines" on page 90.)

Our problematic sweet tooths have made sugar something of a nutritional pariah. A 2021 International Food Information Council poll of more than 1,000 Americans found that 72% of adults are trying to limit or avoid added sugars in their diets. And according to the research group NPD, the first piece of information people look at on the Nutrition Facts panel is sugar, followed by calories.

That panel could indeed be a useful tool in helping people cut back. Starting this year, the Nutrition Facts must specify how many grams of the total sugars in a product are *added* sugars, as well as the percent Daily Value of calories they account for. Prior to this it was impossible to tell if the sugars in a food or beverage were added or the naturally occurring type, since only total sugars were listed. (Natural sugars + added sugars = total sugars.)

This one line will make a huge dent in chronic conditions like heart disease and diabetes, says Renata Micha, RD, Ph.D., an associate professor of human nutrition at the University of Thessaly in Greece. According to research she conducted at Tufts University on the link between added sugar intake, body mass index and various health outcomes, an estimated 354,400 cases of cardiovascular disease and 599,300 cases of type 2 diabetes could be prevented between 2018 and 2037 in the U.S. alone by providing added sugar information to consumers.

Disclosing this info could also result in an estimated net savings of $31 billion in health care costs over the same period. The reason: people will read labels and choose lower-sugar options; and if demand prompts food companies to cut the amount of sugar in their products, the reduction in disease and health care costs would be even greater. In fact, many manufacturers have already reformulated their products in anticipation of the new labeling requirements. "It can be a very powerful tool, because it educates the consumer," says Micha. "And food companies need to be able to provide that option to them."

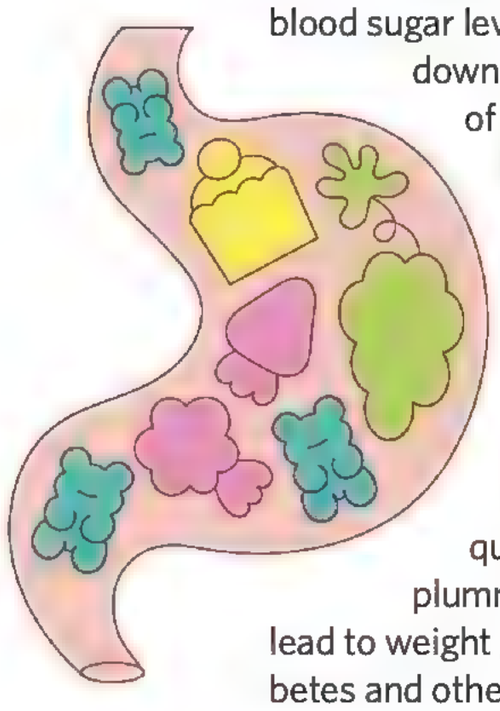
So, if you're among those looking to eat less sweet, you've come to the right place. Consider this your guide to all-things-sugar, including what it does in your body, the health perks of curbing your intake and brilliant little ways to slash it from your diet—and still have your pie too. We'll even share the recipe.

Sugar 101

What happens in your body when you eat something sweet—from gummy bears to grapes.

Sugar is a simple carbohydrate, and there are many different types. For example, glucose (a primary component in honey) and fructose (found in fruits and root veggies) are monosaccharides, which can't be broken down into smaller sugar molecules. Lactose (in dairy products) and sucrose (white sugar) are disaccharides, meaning they're composed of two monosaccharides linked together. High-fructose corn syrup (added to all sorts of processed foods) is also made of two monosaccharides, fructose and glucose, but they aren't chemically bonded and thus don't need to be broken down during digestion—one reason HFCS may get absorbed into the bloodstream more readily. Many foods contain more than one kind of sugar.

Your body's cells normally run on glucose. When you eat a dessert or another food with sugars in it, enzymes in the digestive process break them apart—sucrose, for instance, becomes glucose and fructose—and the monosaccharides enter your bloodstream. The pancreas senses blood sugar levels rising and releases insulin, signaling your cells to take up that glucose for energy and causing blood sugar levels to drop back down. Frequent shots of glucose into the bloodstream from sugary beverages and foods (particularly ultra-processed ones) make blood sugar levels shoot up quickly and then plummet, which can lead to weight gain, type 2 diabetes and other health issues.



Fructose, on the other hand, is processed mostly in the liver. When this organ receives excess fructose, like from the HFCS in soda, it uses it to make fat that is stored in the liver. In excess, this can cause nonalcoholic fatty liver disease, resulting in inflammation and cirrhosis. Nonalcoholic fatty liver disease affects up to 24% of all adults in the U.S.

But sugars found naturally in whole foods—such as the fructose in fruits or the lactose in milk—enter your bloodstream much more slowly because they move through your system within a so-called "food matrix," surrounded by fiber, fat and/or protein. (Same goes for other foods with added sugars, like 100% whole-wheat bread.) As a result, you get a flatter blood sugar curve, steadily powering your cells without taxing the body, says Purdue University nutrition researcher and *Eating Well* advisory board member Richard Mattes, Ph.D., M.P.H., RD. In other words, the protein, fat and fiber in whole foods help blunt the potentially negative effects of natural sugars—and offer perks of their own, such as improving satiety and providing vitamins and antioxidants.

This isn't true of produce-based items that lack their food matrix, like 100% fruit juice—in this case, the fiber has been stripped out. While juice does supply vitamins and antioxidants, Mattes says your body will treat its natural sugars the same way it does the added ones in a Big Gulp.

ILLUSTRATIONS BY MARTINA PAUKOVA

"Fruit contains sugar, but the package itself is much healthier."

—Jason Ewoldt M.S. RDN LD.
He points to the fiber antioxidants vitamins minerals and satiety factor of foods like oranges and berries.

How Added Sugars Add Up

The examples you see here are meant to illustrate two things: First, that it's really easy to go off the rails with added sugars, even if the foods you choose seem like healthy ones. (Reminder: The Dietary Guidelines recommend limiting them to 10% of daily calories. For a 2,000-calorie diet, that means no more than 50 grams of added sugars.) But as the second day shows, it's also possible to eat similar types of food—including dessert!—and still easily keep added sugars on track.

DAY 1

BREAKFAST
- 1 cup low-fat French vanilla yogurt *(19g added sugar)* with ½ cup granola *(11g added sugar)*
- 1 medium banana
- 8 oz. latte with vanilla soymilk *(6g added sugar)*

LUNCH
- Barbecue chicken sandwich with 1 whole-wheat burger bun *(3g added sugar)* 3 oz. skinless rotisserie chicken 2 Tbsp. barbecue sauce *(8g added sugar)* and 1 oz. Cheddar cheese
- Side salad with 2 cups mixed greens ¼ cup sliced cucumber ¼ cup chopped tomato and 2 Tbsp. fat-free raspberry vinaigrette *(5g added sugar)*

AFTERNOON SNACK
- 1 chocolate chip energy bar *(21g added sugar)*
- 1 large apple

DINNER
- 3 oz. baked salmon with 2 Tbsp. teriyaki sauce *(5g added sugar)*
- 2 oz. cooked whole-wheat pasta with ½ cup store-bought marinara sauce *(4g added sugar)*
- 1 cup broccoli florets roasted with 1 Tbsp. olive oil

DESSERT
- ½ cup nonfat vanilla frozen yogurt *(10g added sugar)*

1,988 calories
92g added sugar

DAY 2

BREAKFAST
- 1 cup nonfat plain skyr with 2 tsp. honey *(12g added sugar)* and ½ cup rolled oats
- 1 medium banana
- 8 oz. nonfat latte

LUNCH
- Salad with 3 cups mixed greens 3 oz. skinless rotisserie chicken ½ cup chickpeas ¼ cup sliced cucumber and ¼ cup chopped tomato dressed with 1 Tbsp. olive oil and 1 Tbsp. red-wine vinegar

AFTERNOON SNACK
- 1 large apple with 2 Tbsp. natural peanut butter

DINNER
- 3 oz. baked salmon
- 2 oz. cooked whole-wheat spaghetti with ½ cup Fresh Tomato Sauce *(recipe on EatingWell.com)*
- 1 cup broccoli florets roasted with 1 Tbsp. olive oil

DESSERT
- 1 serving Cider-Sweetened Apple Pie *p.95* *(7g added sugar)*

1,995 calories
19g added sugar

The Health Benefits of Curbing Your Sugar Intake

Here's what you stand to gain. If these aren't great incentives, we don't know what is.

WEIGHT LOSS An analysis of dozens of trials and observational studies published in *BMJ* showed that reducing added sugar in the diet—by anywhere from 10 to 71 grams a day—decreased body weight. (As long as those calories weren't replaced with others.) Participants dropped an average of almost 2 pounds without changing anything else about their eating habits. In two other studies lasting 10 weeks and 6 months, subjects who consumed between 87 and 105 grams more added sugar daily *gained* 6 pounds on average. The researchers point out that there's probably nothing special about the e ect of added sugars on body weight. It just comes down to excess calories—although the less-satiating nature of simple carbs may also play a role.

FEWER CAVITIES You've heard it since you were a kid—sugar causes tooth decay. And studies have repeatedly proven it. The bacteria on your teeth metabolize sugar, producing an acid that takes minerals out of the enamel and can eventually create a hole. There's evidence that consuming less than 50 grams daily of added sugar is associated with far fewer cavities. And if you eat under 25 grams the number drops even more dramatically.

HEALTHIER CHOLESTEROL LEVELS According to a 2020 study published in the *Journal of the American Heart Association*, drinking at least one sugary beverage a day was linked to lower "good" HDL cholesterol, and raised triglycerides and total cholesterol over a 4-year period—resulting in overall unhealthy levels. And a randomized controlled trial in 60 people with overweight and obesity published in the *European Journal of Clinical Nutrition* found that consuming a liter of a sugar-sweetened drink every day for six months also increased triglyceride levels (by 22 mg/dL) and total cholesterol (16 mg/dL) compared to levels in a control group sipping a noncaloric soft drink. The researchers note that the subjects didn't gain or lose weight, so the e ect wasn't due to extra pounds.

BETTER HEART HEALTH Some observational studies have shown that people who overconsume added sugar are at a greater risk of developing cardiovascular disease, independent of other risk factors, like weight. And a key prospective cohort study of 31,147 American adults published in *JAMA Internal Medicine* found that people who consumed between 10 and 24% of their daily calories as added sugar (50 to 120 grams) were 30% more likely to die from heart disease than those who consumed less than 10%. A high-sugar diet may raise blood pressure, increase inflammation and cause the liver to pump harmful fats into the bloodstream—all of which can contribute to the development of heart disease.

LESS INFLAMMATION Chronic, low-grade inflammation has been linked to nearly every major disease of lifestyle and aging, including arthritis, G.I. disorders and metabolic syndrome. Studies in mice have found that high sugar intake changes the balance of bacteria in the gut, increasing the type with pro-inflammatory properties. The evidence in humans is sparse and still emerging, but a 2018 systematic review of 13 studies with more than 1,100 participants showed that all types of added sugars (fructose, sucrose, glucose, HFCS) ratcheted up levels of C-reactive protein—a key marker of inflammation. On the flip side, a study published in the journal *Nutrition Research* found that a decrease of around 23 grams in daily added sugar intake was associated with a significant reduction in C-reactive protein.

SHARPER MEMORY AS YOU AGE In a 2020 cross-sectional study of 3,623 Americans 60 and older published in the journal *Nutrients*, researchers found an association between high sugar intake and the presence and severity of memory impairment. (A similar link was also made with diets high in total fat and carbohydrates.) Some research suggests this could be because of elevated inflammation in the brain, leading to memory problems in the hippocampus. Type 2 diabetes and cardiovascular disease—two conditions sugar has also been linked to—have been tied to cognitive decline as well.

REDUCED RISK OF TYPE 2 DIABETES Studies have shown that high sugar consumption— especially of sweetened beverages—can increase the odds of developing the disease. Scientists explain this in large part by the weight that people gain when they consume lots of calories in the form of nutritionally empty sugar. Being overweight or obese is often accompanied by problems with blood sugar control and reduced sensitivity to insulin that leads to type 2 diabetes. There's also evidence that many years of sharp rises and falls in blood glucose levels—hallmarks of a sugary diet—can make you more likely to get the disease, says Jason Ewoldt, M.S., RDN, LD, a wellness dietitian at the Mayo Clinic Healthy Living Program. But the reverse is also true. In three large prospective observational studies of almost 200,000 American men and women published in the journal *Diabetes Care*, researchers found that people who replaced one daily sugary beverage or fruit juice with water or another type of unsweetened drink had up to a 10% lower risk of developing type 2 diabetes later in life.

23 grams.

Cutting this much added sugar from your daily diet is associated with significantly lower levels of C-reactive protein—a key marker of inflammation.

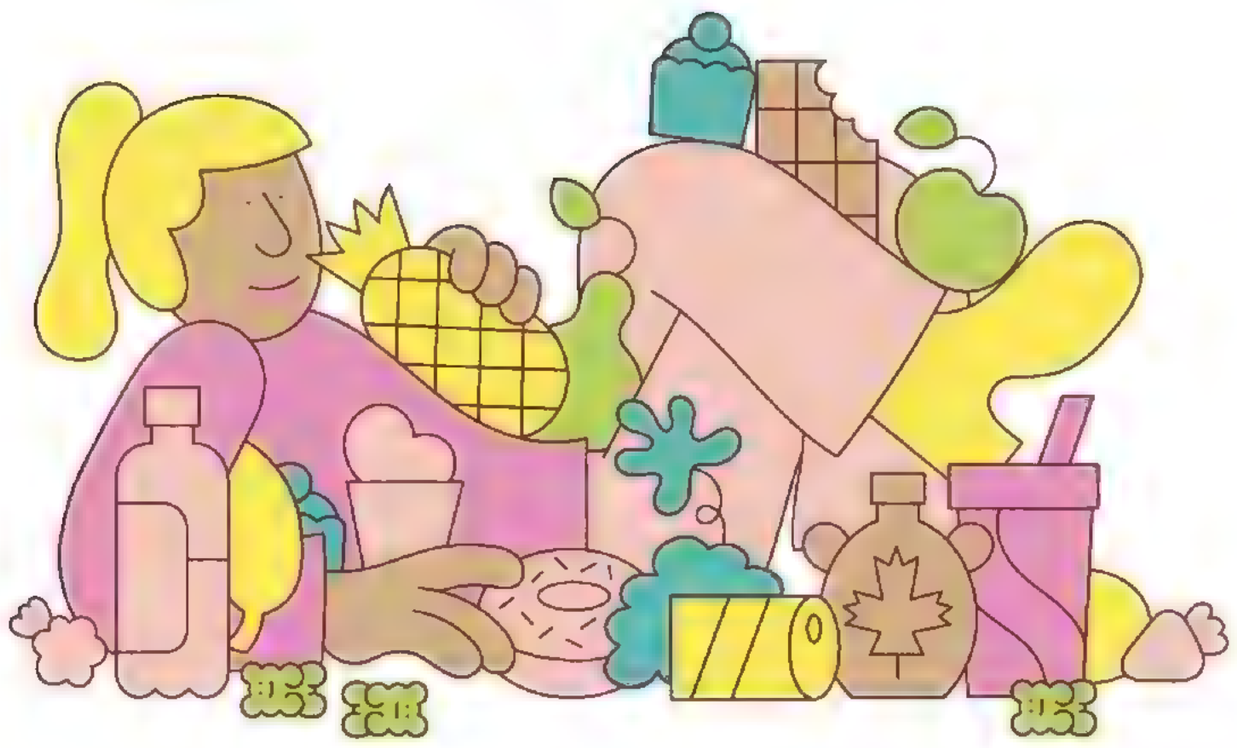
The Debate over the Dietary Guidelines

The recently updated *Dietary Guidelines for Americans, 2020-2025* upheld the same advice on added sugars as the 2015-2020 edition—and that the World Health Organization gave even earlier. "The World Health Organization recommended added sugars contribute no more than 10% of the calories in your daily diet based on research on the link between sugar and dental caries, and this later became a guideline for weight management as well," says Purdue University's Richard Mattes, who was a member of the Dietary Guidelines Advisory Committee's Beverages and Added Sugars Subcommittee. At the time, tooth decay was the primary health consideration—not other negative outcomes, such as type 2 diabetes.

The Added Sugars Subcommittee was tasked with investigating *all* the research on added sugars (which did take into account their impact on chronic diseases) and advised limiting added sugars to only *6%* of daily calories. Why? For starters, added sugars provide calories but often no nutritional value—important since more than 42% of American adults have obesity. And by the experts' estimates, after a person consumes the nutrients they need from healthy foods, just 15% of daily calories are left over. They then divided these "discretionary calories" between added sugars and solid fats like butter, based on typical American consumption patterns. And voilà: 6% of calories were allotted to added sugars and 9% to solid fats. (No calories got earmarked for alcohol.)

But the United States Department of Agriculture and Department of Health and Human Services—which ultimately set the Dietary Guidelines for Americans—decided to stick with the higher 10% number. "There was not a preponderance of evidence in the Committee's review of studies since the 2015-2020 edition to substantiate changes to the quantitative limits," the agencies wrote in a response to the report.

Mattes points out that because there's no physiological need for added sugar, "The members of my committee still believe that 6% is the better target. It sends a stronger message to the public that reducing added sugars would be a healthful decision." The American Heart Association also recommends keeping added sugars to about 6%—or no more than 25 grams a day for women and 36 grams for men. However, because Americans already consume about 13% of daily calories from added sugar (about 68 grams), many experts note that *any* reduction is important.



Top Sugar Qs

Is sugar addictive? Nope. It *does* trigger your brain's reward system, releasing the pleasure neurotransmitter dopamine and encouraging you to eat. Sugar can also lead to cravings. "But there is an order of magnitude difference in the neurochemical response to sweeteners versus drugs of addiction," says Mattes. "And the evidence in humans is far from compelling." The term "emotional eating" may be a better descriptor of an unhealthy relationship with sugar. Or it could just be habit. "The more somebody eats sugar, the more it becomes part of their daily routine and their brain actually looks forward to having that sweetness," says Laura Andromalos, M.S., RD, clinical nutrition manager at the University of Minnesota Medical Center. "That's the challenge: how do we help people find other ways to find pleasure in food and in life without requiring so much sugar?"

Naturally occurring sugars like maple syrup, honey and agave are better for you than straight sugar, right? "Basically, sugar is sugar," says the Mayo Clinic's Jason Ewoldt. "At the end of the day, if you have maple syrup or table sugar, it's all going to do the same thing as far as what happens inside your body." (It's that lack of food matrix again.) That said, natural sweeteners offer some additional nutrients—maple syrup, for example, has manganese and riboflavin. "And people might find more pleasure in them because they have so much flavor and be able to enjoy smaller portions," says Andromalos.

Can sugar substitutes help control your weight? Yes, at least in the short term. "Nonnutritive sweeteners could be a really important stepping-stone for people who consume a lot of sugar and are working on ways to cut back," says Andromalos. But the goal, she adds, would be to eventually reduce artificial sweetener intake as well. A 2020 analysis of 20 longer-term randomized controlled trials found that among people with overweight or obesity, those who ate nonnutritive sweeteners such as sucralose instead of sugar lost a significant amount of weight without dieting—an average of around 6 pounds. (Other nonnutritive sweeteners include saccharin, monk fruit, acesulfame potassium, neotame, advantame and stevia.) "There are people who believe passionately that low-calorie sweeteners are problematic. But the overwhelming preponderance of evidence does not support that view," says Mattes. "The evidence indicates that these sweeteners are relatively

Scan with your phone s camera to see how we make a no-sugar-added margarita.

neutral, or that they're beneficial. Given that there are so few tools available to people who are trying to moderate energy intake, it was the view of the DGA committee that this should be an option they could explore."

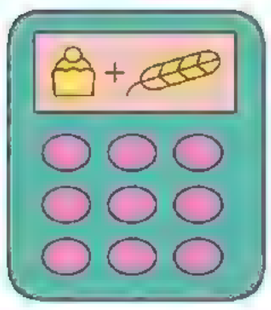
Are sugar-sweetened beverages particularly unhealthy? Yes. They deliver a large dose of sugar that your body rapidly digests—since there's no fiber or other food matrix to slow the body's absorption of it. And they have no nutritional value. In addition, some studies suggest that these drinks stimulate appetite and spur overeating. And as a liquid, they don't make you feel as full as solid food, so you're less likely to compensate for the calories by skipping something else later, like you might if you had eaten an apple instead of sipped apple juice. But are they really any worse for you than, say, sucking down Skittles? Not really—it's just that a large portion of the research on added sugars is specifically focused on sweetened beverages. Scientists like to study them because they're easy to quantify—people can say, "I drink one energy drink every time I exercise," or "I have one coffee with sugar every morning." It would be harder to precisely tally up the amount of sugar from various foods.

15 Ways to Eat Less Sweet—Without Missing It

A life without any sugar is a life we don't want to live. And thankfully, experts say you don't need to eliminate it from your diet. But shaving off some grams here and there is something most of us should be doing. "I'm not of the view that we should be draconian about this," says Mattes. "Sugars do add palatability. And the most nutritious diet, if it's not palatable, will have no health benefit—because people won't eat it." These strategies can help you find that balance.

1 UTILIZE THAT NIFTY NEW ADDED SUGAR LINE. "Always check the Nutrition Facts panel to see how much added sugar is in a product—like cereal or yogurt—and compare it to other brands," says University of Thessaly nutritionist and epidemiologist Renata Micha. "Between two or three options, you can aim for the one that has less added sugar."

2 TARGET YOUR WEAKNESSES. In the U.S., most added sugar comes from the following five sources: sweetened beverages; desserts and sweet snacks; sweetened co ees and teas; candy and other sugars (jams, syrups, toppings); and breakfast cereals and granola bars. Figure out which category you tend to get the most added sugar from and start cutting back there. You'll get the greatest reduction in overall sugar and boost in health benefits, says Ewoldt.



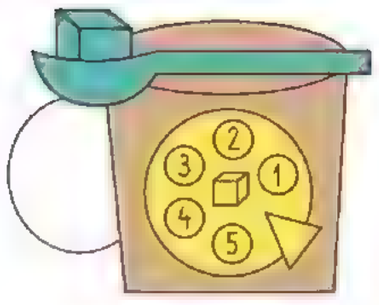
3 LOOK FOR HIGH-QUALITY CARBS. Many packaged products—tortillas, granola bars—fall into a nutritional gray zone. They may be made with whole grains (good) and still contain lots of sugar (not so good). Even more stealthily, the front of the package may declare "no added sugars," but the manufacturer has replaced this nutrient with something else, such as refined starches that have no fiber and a ect your body in ways similar to added sugars. "So it's important to assess overall carb quality, not just sugar alone," says Micha.

One simple way to do that: use the 10-to-1 metric. This means for every 10 grams of total carbohydrate that a product contains, 1 gram or more should be fiber. (It's based on the ratio of total carb to fiber found in whole wheat.) Micha and her colleagues discovered that when they applied this trick to U.S. supermarket foods, it quickly identified items with higher-quality carbs that also happened to be lower in sugar. And they were healthier in general—lower in sodium and higher in protein, fiber, potassium, magnesium, vitamin B_6, vitamin E, zinc and iron.

4 DON'T DRINK YOUR SUGAR. You know that soda is *potum non grata,* but other sugary beverages may slip past your nutritional radar. Co ee drinks like a bottled Frappuccino can have 34 grams of added sugar, and one 20-ounce sports drink packs as much as 48 grams—which is just about 100% of your daily limit. (For comparison, a can of Coke has 39 grams.) "Sports drinks serve a purpose for elite athletes, or let's face it, when we're sick with the flu or prepping for a colonoscopy. But for everyone else, just choose water," says Nancy Farrell Allen, M.S., RDN, a national spokesperson for the Academy of Nutrition and Dietetics. And let's not forget cocktails. Alcohol itself contains no or very little sugar, but when you add the co ee liqueur to your 'tini—that's when the grams can go through the roof.

By eliminating even one sugary beverage a day and instead sipping water with a squeeze of lime or orange for flavor, you can dramatically reduce your sugar intake—especially given that sweetened beverages are the single largest source of added sugar in the American diet, says Micha. You could also try drinking seltzer in fun flavors, infusing your water with fresh fruit or eating an apple or orange alongside a glass of ice water.

5 TAKE YOUR TIME. All of our experts recommend weaning yourself o sweetness *slowly.* Do you add sugar to your co ee or tea? Then use a

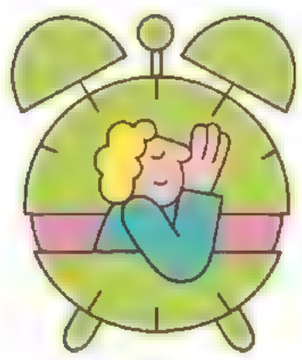


little less tomorrow. A few days later, dial it back a bit more. Studies show that reducing sugar by 5 to 20%—equivalent to deleting about 4 to 12 grams daily—is not noticeable, and that over time your perception of sweetness intensity changes. In one trial, people who limited their sugar intake for 2 to 3 months rated pudding as much sweeter than those who did not.

6 BE WARY OF PACKAGED BARS. We love the grab-and-go convenience of them, but granola and energy bars supply a lot of the added sugar in our diets. So scan for ones that are low in sugar and as minimally processed as possible (short ingredients list of recognizable whole foods). They often taste just as good and can save you 5 to 15 grams of added sugars (that's between 1 and 4 teaspoons of sugar) *per bar!* Even better, put a handful of nuts, seeds and oats, plus some unsweetened coconut flakes and a few dark chocolate chips (11 of them only have 2 grams of added sugar) in a travel container for a snack that's packed with nutrients, protein, fiber and very little sugar.

7 SWAP YOUR YOGURT FOR SKYR. This Icelandic-style yogurt is made using di erent types of cultures than the standard kind you may be used to, giving it a thick, creamy consistency and less sour taste. And even the flavored varieties of skyr tend to have about one-third less added sugar than other flavored yogurts—which can be quite high in them, as you can see from the example on page 88.

8 GET ENOUGH SLEEP. The average adult needs between 7 and 9 hours a night—yet more than 35% of Americans get less than that. Missing out on zzz's can monkey with your hunger hormones, making you crave sugary foods (and salty ones too). However, in a review of seven clinical studies published in the *Journal of Sleep Research,* participants who increased their sleep duration—by anywhere from 21 minutes to 3 hours a night—had better insulin sensitivity as well as reductions in appetite, sweet cravings and sugar intake.



9 [illegible] Studies have shown that sweetness can be amplified by concurrently stimulating your other senses, says experimental psychologist Qian Janice Wang, Ph.D., an assistant professor in the Department of Food Science at Aarhus University in Denmark. One strategy to try: Sni cinnamon, vanilla, cherry, almond, caramel, pineapple, pomegranate, strawberry or banana before a meal or with your food. It can make you think what you're eating is 5 to 25% sweeter than it would taste without one of these aromas. "The smell-taste interaction together form this perception of flavor. And that's because when we smell something, the mind is already forming expectations that it's a sweet food," explains Wang. "So if you have cinnamon-vanilla oatmeal every day, and you gradually reduce the sugar, by the end it may be enough to have the cinnamon and vanilla without the sugar."

10 [illegible] Sugar isn't just added to make foods taste better. It also acts as a preservative that extends shelf life and prevents staleness, makes pastries tender by preventing gluten formation and encourages fermentation by providing food for yeast, allowing breads to rise, among other qualities. For these reasons, food manufacturers add sugar not just to traditionally sweet foods, but to tons of savory ones, as well. "For example, the other day I picked up a tofu, broccoli and brown rice frozen meal—can you get much healthier than that? But when I looked at the label, it had 17 grams of added sugar, most of it from the sauce," says Andromalos. Here are some common savory sources* that can easily add up—particularly when you factor in what you're getting from sweet foods too. Another reason to read and compare labels!

Tonic water	22-23g *per 8 oz.*
Barbecue sauce	12-16g *per 2 Tbsp.*
Baked beans	9-14g *per ½ cup*
Plain original soymilk	4-9g *per 1 cup*
Beef jerky	4-6g *per 1 oz.*
Bread	up to 5g *per slice*
Plain original oatmilk	3-7g *per 1 cup*
Sesame-ginger salad dressing	3-7g *per 2 Tbsp.*
Teriyaki sauce	3-5g *per 1 Tbsp.*
Ketchup	3-4g *per 1 Tbsp.*
Marinara sauce	up to 4g *per ½ cup*

**Typical range for popular brands.*

11 USE LESS SUGAR IN YOUR BAKING. "Recipes for things like cookies and cakes often call for more sugar than is necessary—so you can play around and see how much you can simply leave out," says *Eating Well* recipe tester and developer Laura Kanya, who suggests removing a small amount and going from there. She was able to use *one-third* less sugar in the Raspberry Swirl Brownies here compared to a typical brownie recipe. The cocoa and pureed raspberries add richness and natural sweetness. "Sugar does impact the moistness, texture and browning of baked goods, so you may notice a difference there," adds Kanya.

Raspberry Swirl Brownies

ACTIVE: 20 min TOTAL: 1 hr
TO MAKE AHEAD: Refrigerate for up to 4 days.
EQUIPMENT: Parchment paper

- ¾ cup raspberries
- 2 tablespoons cashew butter
- 2 tablespoons water
- 8 ounces dark chocolate (60-70% cacao) chopped
- 8 tablespoons unsalted butter (1 stick) cut into small pieces
- ½ cup canola oil
- 3 large eggs
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ¾ cup all-purpose flour
- ¾ cup whole-wheat pastry flour
- ¼ cup cacao powder *or* Dutch-processed cocoa powder

1. Cook raspberries in a small saucepan over medium-low heat, stirring and crushing them with a fork, until broken down, 2 to 4 minutes. Transfer to a mini food processor. Add cashew butter and water; puree until smooth. Set aside.
2. Combine chocolate, butter and oil in a stainless-steel bowl. Set the bowl over a saucepan of gently simmering water and melt the ingredients together. Remove from heat and stir to combine. Let cool for 20 minutes.
3. Meanwhile, preheat oven to 325°F. Coat a 9-inch-square baking pan with cooking spray. Line the bottom with parchment paper and coat the paper with cooking spray.
4. Combine eggs, sugar, vanilla and salt in a large bowl. Beat on medium-high speed until thickened and lighter in color, 3 to 5 minutes.
5. Whisk all-purpose flour, whole-wheat flour and cacao (or cocoa) in a medium bowl. Fold the dry ingredients into the egg mixture in 3 additions until most of the flour is incorporated. Add the melted chocolate mixture and stir until well combined.
6. Spread the batter in the prepared pan. Drop the raspberry mixture in 12 dollops over the batter. Drag a knife through the dollops and batter in an S-like pattern from one corner to the other. Turn the pan clockwise and repeat.
7. Bake until the brownies are firm to the touch, 25 to 30 minutes. The center will still be a bit shiny. Let cool on a wire rack for 20 to 30 minutes. Run a knife around the edges before cutting into 16 pieces.

SERVES 16: 1 brownie each
Cal 320 Fat 20g (sat 8g) Chol 50mg Carbs 34g Total sugars 18g (added 18g) Protein 3g Fiber 3g Sodium 87mg Potassium 94mg.

12 ROAST YOUR VEGGIES. Rather than steaming or sautéing vegetables and relying on dressings and sauces (which often contain added sugars) to jazz them up, pop them in a 450°F oven. It caramelizes the natural sugars and makes them taste sweeter and more intense, says sensory scientist and dietitian Sungeun Choi, Ph.D., RDN, an associate professor in the department of family, nutrition and exercise sciences at New York's Queens College.

13 ADD IT ON TOP OF BAKED GOODS. Sprinkling a small amount of coarse sugar on homemade, lower-sugar muffins, quick breads and cookies "delivers that extreme burst of sweetness and crunch with each bite, so you're less likely to miss the sugar within the cookie or muffin," says Andromalos.

14 BAKE WITH NATURAL SWEETENERS. Replace some of the sugar with mashed bananas or other fruits, unsweetened applesauce or blended dates, cooked sweet potatoes or prunes. This will also add moisture. "It's a great way of getting some extra vitamins and minerals as well," says Andromalos. "We used pineapple to sweeten our Pineapple Morning Glory Muffins—slashing the sugar content in half compared to similar muffins," says Kanya. "And grating it incorporates the fruit into the batter."

Pineapple Morning Glory Muffins

ACTIVE: 30 min TOTAL: 1 hr
TO MAKE AHEAD: Store at room temperature for up to 2 days or freeze for up to 1 month.
EQUIPMENT: Muffin tin with 12 (½-cup) cups

- 1¼ cups all-purpose flour
- 1¼ cups whole-wheat pastry flour
- 1½ teaspoons ground cinnamon
- ¾ teaspoon ground ginger
- 1½ teaspoons baking soda
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- 3 large eggs
- ½ cup packed dark brown sugar
- ½ cup canola oil
- 1 teaspoon vanilla extract
- 8 ounces peeled cored fresh pineapple
- 1 cup shredded apple
- 1 cup shredded carrot
- ¾ cup unsweetened shredded coconut divided
- ½ cup chopped walnuts toasted
- ½ cup raisins

RECIPES BY LAURA KANYA

1. Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, cinnamon, ginger, baking soda, baking powder and salt in a medium bowl. Whisk eggs, brown sugar, oil and vanilla in a large bowl.
3. Dice ½ cup pineapple. Shred the remaining pineapple with the large holes of a box grater. Add all the pineapple (along with any juices), apple and carrot to the egg mixture. Mix in the dry ingredients until almost combined. Fold in ½ cup coconut, walnuts and raisins. Divide the batter among the prepared muffin cups. Sprinkle with the remaining ¼ cup coconut.
4. Bake the muffins until a toothpick inserted in the center comes out clean, 18 to 20 minutes. Let cool in the pan on a wire rack for 10 minutes before serving.

SERVES 12: 1 muffin each
Cal 361 Fat 17g (sat 4g) Chol 47mg Carbs 48g Total sugars 18g (added 9g) Protein 6g Fiber 5g Sodium 266mg Potassium 283mg.

15 TRADE FLAVOR FOR SUGAR. The more taste you're able to eke out of every recipe, the less sweet stuff you'll need. "Our Cider-Sweetened Apple Pie contains less than half the added sugar of a typical recipe," says Kanya. "How did we do it? By reducing already-sweet apple cider into a concentrated syrup." It counts as added sugar, but the difference is we don't need to use as much sweetener overall because the syrup's intense flavor fools your taste buds into thinking the pie is sweeter than it actually is. You can apply this same technique to other recipes—and experiment with reducing different juices.

Cider-Sweetened Apple Pie

ACTIVE: 35 min TOTAL: 3¼ hrs
TO MAKE AHEAD: Refrigerate dough (Step 1) for up to 2 days or freeze for up to 6 months.
EQUIPMENT: 9-inch (not deep-dish) pie pan, parchment paper, 2¼-inch diamond cutter

CRUST
- 1¼ cups all-purpose flour
- 1¼ cups whole-wheat pastry flour
- ½ teaspoon salt
- 8 tablespoons (1 stick) cold unsalted butter cut into ½-inch pieces
- 6 tablespoons cold canola oil
- 6-8 tablespoons ice water

FILLING
- 2 cups apple cider
- 2 tablespoons cornstarch
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- teaspoon ground allspice
- teaspoon ground nutmeg
- ¼ teaspoon salt
- 4 cups sliced peeled firm apples (¼-inch-thick) such as Cortland ***or*** Granny Smith
- 4 cups sliced peeled soft apples (¼-inch-thick) such as Macintosh ***or*** Empire
- 1 tablespoon lemon juice
- 1 large egg beaten with 1 tablespoon water for egg wash
- 2 teaspoons sanding sugar

1. **To prepare crust:** Whisk all-purpose flour, whole-wheat flour and ½ teaspoon salt in the bowl of a stand mixer. Add butter; toss to coat. Refrigerate for 30 minutes. Mix with the paddle attachment on low speed until the butter forms almond-size pieces, 2 to 3 minutes. Add oil; mix for 15 seconds. Add 6 tablespoons water and mix until the dough just comes together. Add more water, 1 tablespoon at a time, if it seems dry. *(Alternatively, combine the flours and salt in a food processor; pulse several times. Add butter and refrigerate for 30 minutes. Pulse until almond-size pieces form. Add oil and pulse several times. With the motor running, gradually add just enough water until the dough comes together.)* Divide the dough in half and shape each piece into a 5-inch disk. Wrap each in plastic wrap and refrigerate for 1 hour.
2. **To prepare filling:** Place cider in a small saucepan and bring to a boil over medium-high heat. Reduce heat to medium and boil until reduced to ½ cup, 25 to 30 minutes. Let cool.
3. Meanwhile, position racks in center and bottom of oven; preheat to 425°F. Line a baking sheet with parchment paper or foil.
4. Whisk cornstarch, granulated sugar, cinnamon, allspice, nutmeg and salt in a small bowl. Combine apples, lemon juice and the reduced cider in a large bowl.
5. Roll 1 dough disk out on a lightly floured surface into a 12-inch round. Transfer to a 9-inch (not deep-dish) pie pan. Trim dough flush with the pan rim. Freeze for 15 minutes. Roll the second disk into a 12-inch round. Use a 2¼-inch cutter to cut 26 diamonds (reroll scraps, if needed). Chill until ready to assemble the pie.
6. Toss the spice mixture with the apples to coat. Spoon into the crust. Brush every other diamond with egg wash and sprinkle with sugar. Starting in the center, arrange diamonds over the filling, alternating the finishes. Trim edges flush with the rim. Refrigerate for 30 minutes.
7. Place the pie on the center rack with the baking sheet on the rack below. Bake for 10 minutes. Reduce oven temperature to 350°. Bake until golden and bubbling, 50 to 60 minutes. Let cool on a wire rack for 1 hour before serving.

SERVES 12: 1 slice each
Cal 250 Fat 11g (sat 4g) Chol 19mg Carbs 37g Total sugars 15g (added 7g) Protein 3g Fiber 3g Sodium 124mg Potassium 132mg.

Coastal isn't proximity to water but more of a state of mind whether your thoughts head to the shores of Lake Michigan, the cool, clear waters of Cape Cod, the Pacific Ocean's pounding surf or the warm waters that define the Gulf of Mexico. Getaway elicits the feel of the coast in more than 75 new designs for bedroom, living, dining, kitchen and office. Natural materials and the colors of seaside life suggest a welcome, informal vibe.

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SMARTS FROM OUR TEST KITCHEN

Salsa Dance

Although tomatillo means "little tomato" in Spanish, it's actually a type of berry that ranges in size from that of a cherry tomato to a plum. They're typically used in sauces, salsas, soups, stews, chili, tacos and enchiladas—versus being eaten solo—where they lend a mildly tangy, vegetal flavor. (Tomatillos are the key ingredient in Mexican salsa verde.) Now let's play with them, starting with the recipe on the next page. Hint: You'll want chips—*lots* of chips!

By Lucy M. Clark

Scan with your phone's camera for more tomatillo recipes.

Halftime Show

File this under tailgate food, because our choose-your-heat-level salsa is going to go faster than a wide receiver. Meet the ingredients that make it a fan favorite.
By Adam Dolge

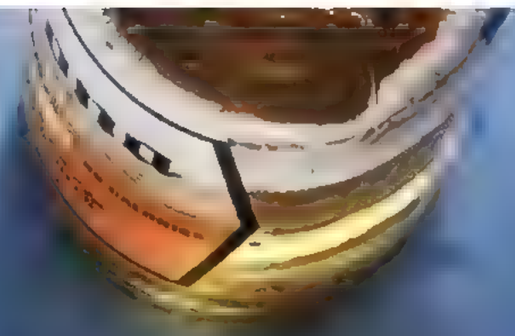
Tomatillos
Roasting or grilling tomatillos mellows their acidity and adds a subtle sweetness. Before roasting, peel off their papery husks and rinse under warm water to remove their sticky coating.

Jalapeño
We call for jalapeño peppers in this salsa because they are not aggressively spicy, and we suggest adding one to three so you can control the amount of heat. Like all hot peppers, some jalapeños are more fiery than others due to factors like growing conditions and ripeness. The best way to determine how spicy it is? Taste a small piece closest to the stem end where the capsaicin (the chemical that makes it hot) is most concentrated. Note: There's capsaicin in the ribs, seeds and flesh of these peppers, too, so wash your hands after handling.

White Onion
Raw onion gives the salsa crunch and a more robust flavor than if it were roasted alongside the tomatillos, garlic and peppers. We also like white onions for their sweeter, milder flavor compared to pungent raw yellow onions. Look for one that is firm, heavy for its size and without black spots on its papery skin.

Cilantro
This herb is essential to Mexican cuisine and has a citrusy flavor that, for some, tastes like soap. (It's actually a genetic predisposition to cilantro's naturally occurring aldehyde compounds.) Like many fresh herbs, cilantro loses much of its taste when cooked, so we add it straight to the food processor with the roasted and cooled vegetables.

Lime Juice
A splash of fresh lime juice at the very end brightens the salsa and underscores the flavor of the tomatillos. Definitely skip bottled lime juice here; it doesn't have the same citrus sparkle as fresh-squeezed.



Roasted Tomatillo Salsa
ACTIVE: 20 min TOTAL: 20 min
TO MAKE AHEAD: Refrigerate for up to 1 week.

- 1½ pounds tomatillos, husks removed
- 1-3 jalapeño peppers, stemmed
- 2 cloves garlic, unpeeled
- ¼ cup coarsely chopped fresh cilantro
- 2 teaspoons lime juice
- ½ teaspoon salt
- ¼ cup finely chopped white onion

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.
2. Rinse tomatillos under warm water and pat dry. Place the tomatillos, jalapeño(s) to taste and garlic on the prepared pan. Broil, flipping everything halfway through, until well charred, 8 to 10 minutes. Let cool for 5 minutes. Remove seeds from the jalapeño(s), if desired. Peel the garlic.
3. Transfer the vegetables to a food processor. Add cilantro, lime juice and salt. Pulse until the salsa is blended, but still has a chunky texture. Stir in onion before serving.

MAKES: about 2¼ cups (¼ cup per serving)
Cal 28 · Fat 1g (sat 0g) · Chol 0mg · Carbs 5g · Total sugars 3g (added 0g) · Protein 1g · Fiber 2g · Sodium 131mg · Potassium 219mg.

THIS PAGE & PREVIOUS: NICO SCHINCO; STYLING: SEAN DOOLEY

Next-Level Cool

Make your life easier—and your kitchen more e cient—with one of these seriously S-M-A-R-T refrigerators. By Lucy M. Clark

The most-used appliance in the most-popular room in the house is no longer just a place to store food. Today s refrigerators have gone from smart to genius. Think: artificial intelligence technology that learns and adjusts to your usage habits streaming capabilities a built-in family schedule and more. Our Test Kitchen pros analyzed the latest versions and deemed these their top three.

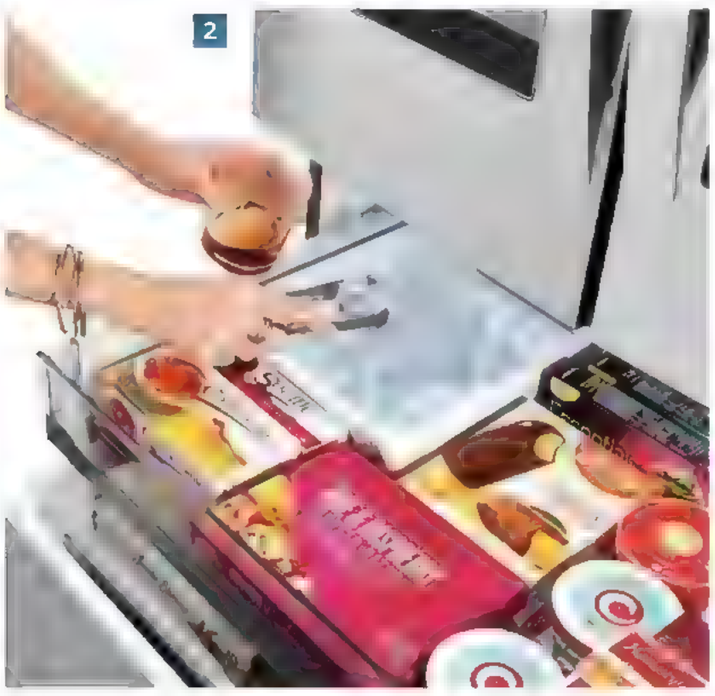
1 Samsung 4-Door Flex Refrigerator with Family Hub Featuring the new Wi-Fi-enabled Family Hub with Amazon Alexa and Google Nest integration, this fridge allows you to stream TV, music and videos, upload photos, manage the fam's schedule *and* see who's at the front door on the built-in screen. And a camera inside lets you check its contents on your smartphone from the grocery store. Plus, the "FlexZone" option lets you switch one of the four sections between refrigerator and freezer modes and has settings that offer the ideal temps for items like veggies, meat and seafood. ($3,699, *samsung.com*)

2 LG Smart Wi-Fi Enabled InstaView Door-in-Door Refrigerator with Craft Ice Maker Connected to LG's ThinQ app, the fridge's Smart Learner feature analyzes your usage habits over time via AI technology (what times of day you open it most, for example) and then maximizes efficiency by adjusting to temperature, ice and energy needs. It also has a sleek tinted glass door panel that illuminates with two quick knocks, so you can see inside without losing any cool air, as well as a large storage drawer with five temp settings and a craft ice maker that produces large spheres that melt more slowly than regular cubes. ($3,699, *lg.com*)

3 GE Profile Smart 4-Door French-Door Refrigerator with Door in Door Download GE's SmartHQ app to send remote commands via Amazon Alexa or Google Nest for tasks like kicking up the ice maker's capacity. Amplified storage includes a "door in door" feature (an interior storage panel that swings out for easy access), three-tiered bins built to hold tall items like wine bottles, and extra-spacious drawers that fit everything from party platters to large pizzas. An entire back wall of LEDs illuminates the fridge in crisp white light—so nothing will get lost in the farthest recesses. ($3,799, *geappliances.com*)

1

2



3

Scan with your phone s camera for 10 rules to organize your refrigerator the right way.

TECHNIQUE

HOW TO SCORE DUCK SKIN *(page 80)* ❶ Place duck breast on a cutting board, skin-side up. Using the tip of a sharp paring knife, score the skin in a diagonal direction, keeping the lines around ¼ inch apart and being careful not to cut through to the meat. ❷ Turn the duck breast 180 degrees and score the skin diagonally in the opposite direction to form a crosshatch pattern.

HOW TO MAKE CHICKEN CUTLETS *(pages 33 70 79)* ❶ Place a boneless, skinless chicken breast on a cutting board. Hold it flat with the palm of your non-dominant hand. With a long, sharp knife, carefully slice the chicken breast in half lengthwise into two even pieces, keeping the knife blade parallel to the surface of the cutting board and using smooth, steady strokes. ❷ Place one piece between sheets of plastic wrap. Gently pound the chicken with a meat mallet or the bottom of a heavy skillet, starting in the center and working your way to the edges, until the cutlet is an even thickness, about ¼ inch thick. Repeat with the second piece.

INGREDIENT ID Some of the unique ingredients in this issue.

Sofrito *(p.63)*: As mirepoix is to French cuisine or the holy trinity is to Cajun dishes, a sofrito is the backbone of many Spanish, Latin American and Portuguese recipes. This blend of onions, bell peppers, tomatoes and garlic is slowly cooked in oil until the mixture is meltingly tender. There are several good, jarred store-bought options we like—Matiz Paella Sofrito and Badia Spanish Sofrito are our two top picks—which can be found with other Latin ingredients.

Savory *(p.70)*: There are two main types of this herb: the annual summer and the perennial winter savory. Summer savory is more common and has a unique peppery undercurrent that pairs well with grilled and roasted meats. (Dried summer savory is also a central element of herbes de Provence.) The winter variety is more pungent and tastes similar to sage.

Zhenjiang Black Vinegar *(p.64)*: Made from fermented black sticky rice or glutinous rice, black vinegar is tangy and sweet. It's used in a variety of Chinese recipes, from stir-fries to marinades. Find it at your local Asian market, sometimes labeled as Chinkiang vinegar. For a substitute, use 2 tsp. balsamic and 1 tsp. rice vinegar for every 1 Tbsp. of black vinegar.

Ask Breana

What's the best way to clean my sink?

Between raw meat, dish detritus and pathogen-breeding sponges, your kitchen sink comes into contact with *a lot* of germs. I talked to Charles Gerba, Ph.D., a professor of virology and researcher at the University of Arizona, who says that after your sponge, your sink is the germiest spot in the kitchen. "It's wet and moist and food is dumped into it all the time—an ideal place for bacteria to grow," he adds. All that to say, it's important to clean your sink daily and sanitize it at least once a week. I know, I know, just one more thing to add to your to-do list. But the good news is it shouldn't take more than a few minutes. Here's what Gerba recommends:

How to Clean While scrubbing down your sink doesn't eliminate all germs, it does lower their numbers. And that's why daily cleaning is a must. Start with a thorough rinse to get rid of any food residue in your basin. Then use dish soap, hot water and a clean sponge to really suds up the sides and bottom of your sink. Be sure to wash the sink strainer, too, if you have one. Finish with a hot water rinse.

How to Sanitize Any time your sink comes into contact with food like raw meat or fish, it should be sanitized to diminish the kind of germs that could make you sick. Gerba advises cleaning it with bleach—or a product that contains bleach—which is more e ective than soap and water. (In studies he's conducted, bleach-containing products lowered the amount of bacteria in sink drains by two to three times that of drains cleaned without it.) And don't just stop with the basin, sides and drain. Sanitize the faucet, taps and the countertops around the sink with a disinfectant wipe 2 or 3 times a week. "In our studies in household kitchens, disinfectant wipes worked the best for these spots," says Gerba. (Think of how often you touch the tap with dirty hands.) You want your kitchen to produce good food, not bad bugs.

BREANA KILLEEN, *M.P.H., RD, is the EatingWell Test Kitchen manager.*

TOP: LINDSEY SPINKS BOTTOM: EMMA DIBBEN

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		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
55	Breakfast Naan Pizza	458	52	0	24	5	758	305	21				22		■			■		■
55	Cheddar Grits with Sausage	460	33	0	18	2	466	317		34			36		■	■		■		■
53	Egg Tartine	184	14	0	10	2	254	222							■		■	■		■
54	Salsa Egg Skillet	119	5	0	8	0	437	84					25		■	■		■		■
54	2-Ingredient Crêpes *(analysis per unfilled crêpe)*	124	14	0	7	2	72	280							■	■	■	■		■
Snacks																				
56	Chickpea Snack Salad	202	20	0	6	5	368	171							■	■		■	■	■
56	Crackers with Spicy Avocado	182	16	0	3	6	378	402							■			■	■	■
56	Garlic Sesame Edamame	195	15	0	12	6	286	18							■	■		■	■	■
56	Peanut Butter Yogurt Parfait	281	24	3	18	5	109	308		47					■			■		■
56	Rice Cake Snackwich	225	31	0	5	5	96	284							■	■	■	■	■	■
56	Rosemary Popcorn Trail Mix	279	29	0	8	5	290	228							■					■
Sides Sauces & Dressings																				
83	Baked Potatoes	168	37	0	5	4	24	952							■	■	■	■	■	■
83	Cheesy Broccoli	157	10	0	10	3	348	440	26	22		70		166	■			■		■
36	Curried Celery & Cashew Stir-Fry	176	9	0	3	2	229	367							■	■		■	■	■
79	Marinated Mushrooms	109	3	0	1	0	149	262							■	■	■	■	■	■
79	Olive Tapenade	81	3	0	1	0	297	4							■	■		■		
79	Parmesan Vinaigrette	143	2	0	1	0	148	34							■	■		■		■
38	Roasted Romanesco with Spiced Garlic Oil	147	11	0	4	4	198	546		24				93	■	■	■	■	■	■
98	Roasted Tomatillo Salsa	28	5	0	1	2	131	219							■	■	■	■	■	■
80	Scallion-Ginger Sauce	21	0	0	0	0	49	9							■	■	■	■	■	■
36	Spaghetti Squash with Herbs & Garlic Breadcrumbs	197	24	0	3	4	350	293							■			■	■	■
80	Spicy Shoyu-Miso Tare	16	2	1	1	0	260	4							■	■		■	■	■
Soups Stews & Salads																				
63	Berbere-Spiced Lentil & Turnip Soup	215	41	0	13	8	433	581		60		24		22		■		■	■	■
40	Crab & Apple Salad with Brown Butter Vinaigrette	183	5	0	13	1	354	72							■	■		■		
64	Lamb & Winter Squash Curry	334	16	0	26	4	452	824			30	204	129	42		■		■		
67	Lemon Chicken-and-Egg Soup	232	17	0	28	2	372	626					20			■		■		
42	Massaged Kale Salad with Roasted Sweet Potato & Black Beans	588	64	0	21	14	691	1,204	23	38	32	369		99	■	■				■
63	Peanut-Achiote Chicken & Vegetables	321	18	0	28	3	638	593				83				■		■		■
38	Sheet-Pan Tomato Soup	202	17	1	3	4	453	770				50		50	■	■		■	■	■
80	Vegan Ramen Broth	5	1	0	0	0	6	29								■	■	■	■	■
Vegetarian																				
34	Pantry Peanut Noodles	506	59	1	25	13	701	368		30	20	40		86	■			■		■
72	Ratatouille-Stuffed Peppers with Arugula-Farro Salad	651	68	0	22	16	760	1,046		32		125		256						■
45	Zucchini-Pimiento Skillet Mac & Cheese	682	71	0	31	8	732	655	47	22	21	40	25	47	■					■
Chicken & Duck																				
70	Chicken Francese with Corn & Green Bean Salad	496	24	0	33	5	599	995		25		26		37	■			■		
33	Creamy Lemon Chicken Cutlets	432	17	8	28	0	253	63							■	■				
80	Five-Spice Duck Breasts	303	4	2	35	0	376	11			27									
79	Garlic-Herb Chicken Cutlets	102	0	0	13	0	171	197							■	■	■	■		
75	Grilled Chicken Thighs with Pickled Peaches & Herbed Couscous	492	37	3	26	7	420	475			24	83		28				■		
30	Parmesan Chicken & Brussels Sprouts	361	15	0	26	5	605	702				20		115	■			■		
Fish & Seafood																				
75	Baked Halibut & Fennel Packets with Chickpea Salad	352	22	0	34	5	731	1,069				21	68		■	■		■		
79	Garlic-Herb Tuna	96	0	0	14	0	171	257							■	■	■	■		
50	Jamaican Escovitch Fish	303	12	1	30	3	411	910				124	177	56		■	■	■		
32	Quick Pickled Shrimp Toast	404	21	0	32	2	660	345							■					
44	Salmon with Lemon-Herb Orzo & Broccoli	425	32	0	35	8	371	675				26	251	42	■		■	■		
Beef & Pork																				
73	Balsamic Steak with Brussels Sprout Slaw & Mustard Mashed Potatoes	385	41	3	30	8	647	1,396		26	24		54	108		■		■		
64	Black-Vinegar-Braised Beef	260	19	14	30	1	624	371					90	22		■		■		
71	Cheesy Smothered Pork Chops with Garlicky Mushrooms & Kale	440	20	0	28	4	647	808		21		84	28	64	■			■		
67	Chile-Spiced Pork Tacos with Cucumber-Mango Salsa	381	37	1	33	4	730	616					52			■		■		
49	Chipotle Meatballs	297	12	0	26	3	293	608				23						■		
49	Chipotle Meatballs with Mashed Sweet Potatoes	588	61	0	32	10	686	1,500			27	677		29	■			■		
49	Chipotle Meatball Torta with Roasted Veggies	425	51	0	30	9	559	528						130	■					
46	Pork Tenderloin with Roasted Apples & Squash	293	24	0	25	4	453	939						27		■		■		
83	Pulled Pork with Carolina-Style BBQ Sauce	250	5	3	26	1	371	362								■		■		
47	Spicy Tomato-Braised Pot Roast	206	7	0	26	1	445	501				37	30			■		■		
48	Tamarind-Glazed Flank Steak with Carrots & Dates	464	34	6	34	5	550	894				381	34		■	■				
Desserts & Baked Goods																				
95	Cider-Sweetened Apple Pie	250	37	7	3	3	124	132												■
94	Pineapple Morning Glory Muffins	361	48	9	6	5	266	283				32								■
94	Raspberry Swirl Brownies	320	34	18	3	3	87	94			21									■

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Shaking Things Up

How one woman is turning dairy-industry waste into a trendy spirit.
By Stefanie Ellis • Photo by Daniel Cronin

THE SITUATION For every pound of cheese made, 9 pounds of liquid whey remain. That means the 13.3 billion pounds of cheese made in the U.S. in 2020 yielded a dizzying 120 billion pounds of whey—the majority of which was discarded. Enter Emily Darchuk, a Portland, Oregon-based food scientist whose career in product development for major food and beverage companies opened her eyes to this pain point. "I knew you could make whey into alcohol," she says, explaining it just needs to be fermented, "so I started thinking about ways to create a spirit so that liquid wasn't wasted."

WHAT SHE DOES After dedicating three years to crafting the perfect formula, Darchuk launched Wheyward Spirit in 2020. Using whey sourced from northern California dairies, the result is a clear-colored, 80-proof spirit that is lactose-free. (The yeast turns the lactose into alcohol in the fermentation process.) With notes of vanilla and spice, it's best served up on the rocks or as a base for cocktails. "It's like if sake had a baby with vodka—terrific," says restaurateur Danny Meyer, the CEO of Union Square Hospitality Group and founder of Shake Shack and Gramercy Tavern, among other New York City restaurants.

WHY IT S COOL A 2018 study in the *Journal of Dairy Science* showed that producing whey spirits results in significant carbon and water savings over traditionally distilled spirits. And in just one year the company has already diverted more than 500,000 pounds of whey from the waste stream. Darchuk hopes customer demand will make beverage-industry upcycling the norm, not the exception. Leah Graham, marketing director for the Upcycled Food Association, believes the future is bright: "Companies like Wheyward Spirit give shoppers the purchasing power to make a real impact in the fight against food loss."

Emily Darchuk visits Noel a Highland cow like the one illustrated on the bottles. Wheyward Spirit is available at California retailers or ***wheywardspirit.com***.

EATINGWELL® (ISSN 1046_1639), September 2021, Volume XX, No. 7, is published 10 times/year in January/February, March, April, May, June, July/August, September, October, November and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ©Meredith Corporation 2021. All rights reserved. Printed in the U.S.A.

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